

Balbriggan Educate Together

Healthy Food Policy

This policy has been formulated by the Parents' Association, following a detailed survey of all parents in the school, in close consultation with the school staff and Board of Management.

With this policy we aim to educate our children on the benefits of healthy eating, a few of which are below:

- Increases concentration and reduces disruptive behaviour in class
- Heightens the awareness of the importance of a good diet
- Controls body weight
- Helps in reaching full physical potential

The school day has two breaks when the children can eat their lunch – a short five minute break at 10:25 , where the children might eat a piece of fruit or a sandwich, and a longer fifteen minute break at 12:00 where they eat the remainder of their lunch.

Before the school day begins, we would recommend a full breakfast – a cereal or porridge, and toast. Please avoid sugary cereals or cereals containing chocolate as they affect the children's ability to concentrate in class. A hungry child also finds it very difficult to work well in class.

A healthy lunch should consist of sandwiches/baps/rolls , pieces of fruit and a non-fizzy drink.

Here is a list of foods we would recommend and a list of foods we would discourage:



sandwiches /baps /rolls
containing cheese /chicken /ham /tuna/ salad
fruit –grapes, apples, oranges, kiwis,melon pieces
strawberries, raisins etc.
vegetables – carrot slices, celery sticks, mixed salad
cheese
non fizzy drinks – juices , water

XXX

chocolate products
bars ,sweets, Nutella,
chocolate croissants
popcorn
crisps
biscuits
fizzy drinks
yoghurts (messy & rarely
finished)

We are registered in The Green Schools Scheme and are trying to get a Green Flag for recycling and reducing our waste .You can help us with this by putting your child's lunch in reusable lunchboxes and reusable bottles. If you wish to wrap your child's sandwiches , please use clingfilm (which is recyclable) rather than tinfoil (which is not).