

Scoil Náisiúnta Lorcáin Naofa, Tynagh N.S.

Tynagh, Loughrea, Co. Galway. H62 AW74

School Phone: (090) 9745439
School Mobile: (086) 7037245

Website: www.tynaghns.ie
E-mail: info@tynaghns.ie

Roll No.: 17490o
CHY 20121846

Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme at Tynagh N.S., we encourage the children to become more aware of the need for healthy food in their lunch boxes.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life).

To promote healthy eating habits in our school, we will introduce a healthy eating policy, starting from 1st September 2014.

Aims

1. To promote the personal development and well-being of the child
2. To promote the health of the child and provide a foundation for healthy living in all its aspects.

Objectives

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).

The following guide is designed to help you provide quick and nutritious lunches for your children.

Bread & Alternatives

Bread or rolls, preferably wholemeal
Rice – wholegrain
Pasta – wholegrain
Potato Salad
Wholemeal Scones
Bread sticks
Crackers
Pitta bread

Savouries

Lean Meat
Chicken/Turkey
Tinned Fish e.g. tuna/sardines
Cheese

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Fruit & Vegetables

Apples, Banana, Peach
Mandarins, Orange segments,
Fruit Salad
Plum, Pineapple cubes
Grapes,
Cucumber, Sweetcorn
Tomato,
Coleslaw.

Drinks

Milk
Water
Squashes, i.e. low sugar
Yoghurt

We ask that children do not bring the following to school:

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sweets
- Chocolate biscuits/bars
- Cereal bars
- Chewing gum
- Fruit winders

A very simple approach to healthy eating is to use the Food Pyramid:

Fats Sugar Sweets etc.	<i>Sparingly</i>
Meat, Fish Peas/Beans	<i>2 portions per day</i>
Milk, Cheese Yoghurt	<i>3+ portions per day</i>
Fruit and Vegetables	<i>4+ portions per day</i>
Bread, cereals and potatoes	<i>6+ portions per day</i>

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Green Flag School

Our green school motto is:

'Keep our school green, like a recycling machine!'

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- put only fruit peel into the compost bins
- not bring in cans and glass – for safety reasons.

N.B. Parents/guardians of any child with a medical condition which requires a special diet should contact the school.

The policy will be reviewed every two years.

The policy was reviewed and ratified by the B.O.M on 24th October 2022.

Signed: Fr. Séamus Bohan

Date: 24th October 2022

Chairperson Board of Management