

## Brannoxtown CNS

### Healthy Eating Policy: Summary

Updated: September 2020

#### Introduction

We began to develop our school's Healthy Eating Policy in October 2019. Everyone was involved-- teachers, parents and children. Our goal was to encourage children, staff and our entire school community to make healthy food choices. We've been updating and improving our policy ever since and we welcome your ideas and suggestions.

#### The Food Pyramid

The food pyramid is an important visual tool to communicate healthy eating messages. A healthy lunchbox includes items from each of the first four shelves of the pyramid. Items from the top shelf of the pyramid are not allowed in school. These foods and drinks include: crisps, sugary drinks, nut products including Nutella, sweets, biscuits/bars (unless homemade), sugary cereal bars, chewing gum.

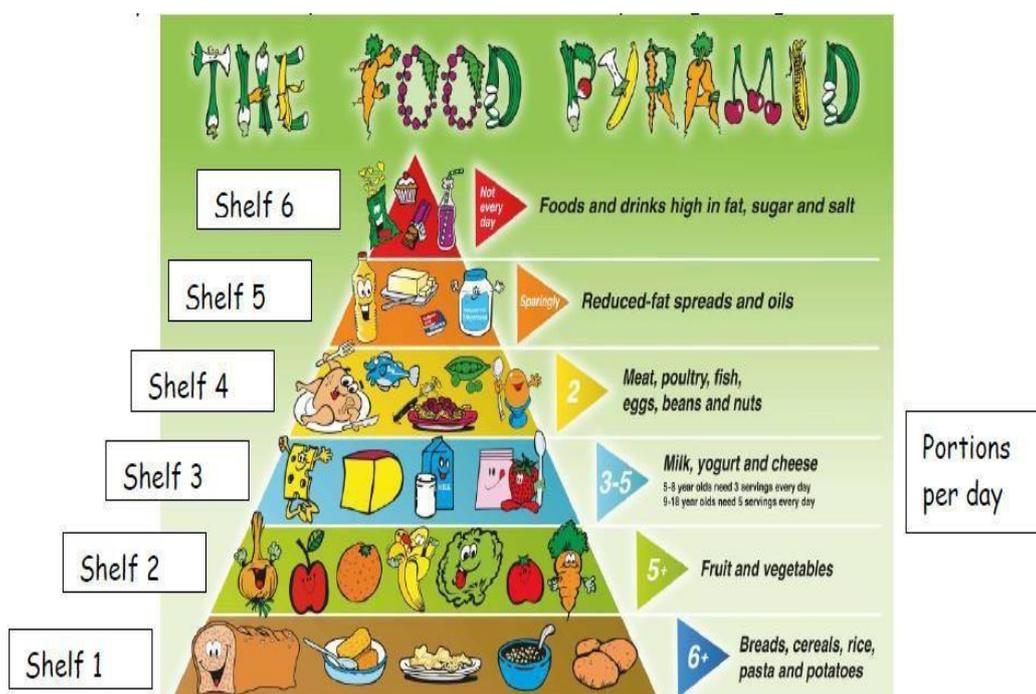


Figure 1. The Food Pyramid - Shelves 1 to 6

#### Healthy Lunch Suggestions

Following work with children during Social, Personal and Health Education (SPHE) time and discussions with families, our school created a Healthy Eating Recipe Book which you are receiving with this Policy Summary. Working together, we also created a general guide (Figure 2) to help families to create quick, appetising and nutritious school lunches.

Bread & Alternatives	Fruit & Vegetables
<ul style="list-style-type: none"> <li>• Bread or rolls</li> <li>• Rice or pasta</li> <li>• Potato salad</li> <li>• Scones</li> <li>• Bread sticks</li> <li>• Crackers</li> <li>• Pitta bread or wraps</li> <li>• Rice cakes</li> <li>• Healthy cereal bars (ideally homemade)</li> <li>• Popcorn</li> </ul>	<ul style="list-style-type: none"> <li>• Apples, banana, peach</li> <li>• Mandarins, oranges</li> <li>• Carrot sticks</li> <li>• Cucumbers</li> <li>• Melon slices</li> <li>• Pineapple cubes</li> <li>• Grapes</li> <li>• Sweetcorn</li> <li>• Tomato</li> </ul>
Savouries	Drinks
<ul style="list-style-type: none"> <li>• Lean Meat</li> <li>• Chicken/Turkey</li> <li>• Tinned Fish e.g. tuna/sardines</li> <li>• Cheese</li> <li>• Vegetarian Sausage</li> <li>• Beans</li> <li>• Chickpeas</li> </ul>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Milk</li> <li>• Fruit juices (un-sweetened)</li> <li>• Diluted sugar free squash</li> <li>• Yoghurt drinks</li> </ul>

Figure 2. Healthy Lunch Box Ideas

### Additional Health and Safety Measures

Brannoxtown CNS is a **Nut Product Free Zone**. Hot drinks are not allowed in school because of the risk of spills/burns to children. In the interests of equity and fairness for all, children who may bring hot drinks, nuts or items from the top shelf of the pyramid to school will bring them home again in their lunchboxes.

School staff support the Healthy Eating Policy by focusing on intrinsic/extrinsic rewards which do not include items from the top shelf of the pyramid, such as sweets or chocolate. Instead, children at Brannoxtown CNS enjoy **a range of rewards** for effort, learning and behaviour which children themselves have a role in creating. These rewards may include special activities, roles/responsibilities, homework arrangements or prizes.

As a developing school, we are working toward becoming a **Green School** and our Green Schools Committee has prioritised a focus on 'Green lunchboxes'. This means that all children take home any uneaten food, silver paper, wrappings, containers and cartons. At the moment, the requirement for each child to bring home his/her own belongings, including their lunchbox contents, is also an important measure in our school's Covid-19 Response Plan.

If you wish to know more about our school's Healthy Eating Policy, the full policy is available on our **policy webpage** at: [www.brannoxtowncns.ie/school-policies/](http://www.brannoxtowncns.ie/school-policies/).