



Roxboro National School Healthy Eating Policy

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

Aims:

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

Objectives:

- To enable the child to appreciate the importance of good nutrition, for growing and developing and staying healthy.
- 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).

We ask you to encourage a healthy lunch right from the start. It can only benefit your child. It is much easier for a child to concentrate in school and perform at their best following a nutritious lunch rather than one high in hidden sugars.

Roxboro N.S. is a member of the Hot Meals Scheme. All children are provided with a hot lunch each day. Our supplier's meals are compliant with Healthy Ireland guidelines but also facilitate children with allergens and sensory needs. Nutritional values on each meal are submitted to the Department of Education in an open transparent manner. This information is also available to parents on the app. Upon ordering, parents are able to view the nutritional information of each meal at a glance. There are over 30 nutritious meals to choose from. The nutritional value of the meal is also printed on the container, increasing the awareness of the children. All meals meet the required guidelines for healthy eating and the less healthy options are restricted to once per week.

Parents who opt out of the Hot Meals Scheme are asked to provide a healthy alternative which meets the guidelines laid out in this policy.

SNACKS – Children will need a small healthy snack and a drink in addition to their hot meal.

Snacks/drinks can be purchased from the hot school meals supplier or provided by parents.

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

Bread & Alternatives

Bread or rolls, preferably wholemeal
Wholemeal Scones

Savouries

Lean Meats
Salad

Fruit & Vegetables

Apples/Banana/Peach
Mandarins, Orange segments
Fruit Salad, dried fruit,
Plum, Pineapple cubes
Grapes
Cucumber, Sweetcorn
Tomato
Sliced Peppers
Carrot Sticks
Celery Sticks
Cherry Tomatoes

Drinks

Milk
Fruit Juice
(be aware
of high
sugars)
Water

Other Snacks

Cubes/Slices of cheese
Rice cakes (plain)
Natural Yoghurt

Foods not allowed in school

Crisps

Fizzy drinks/Sparkling Water
Sweets

Chocolate biscuits/bars
(including cereal bars)

Chocolate yoghurts
Chocolate spread,
Chocolate rice cakes

Foods that are best avoided in lunch boxes:

Lunchables

Sugary cereal bars e.g Rice Krispie Bars

Frubes/other sugary yoghurts

'Fruit' roll ups

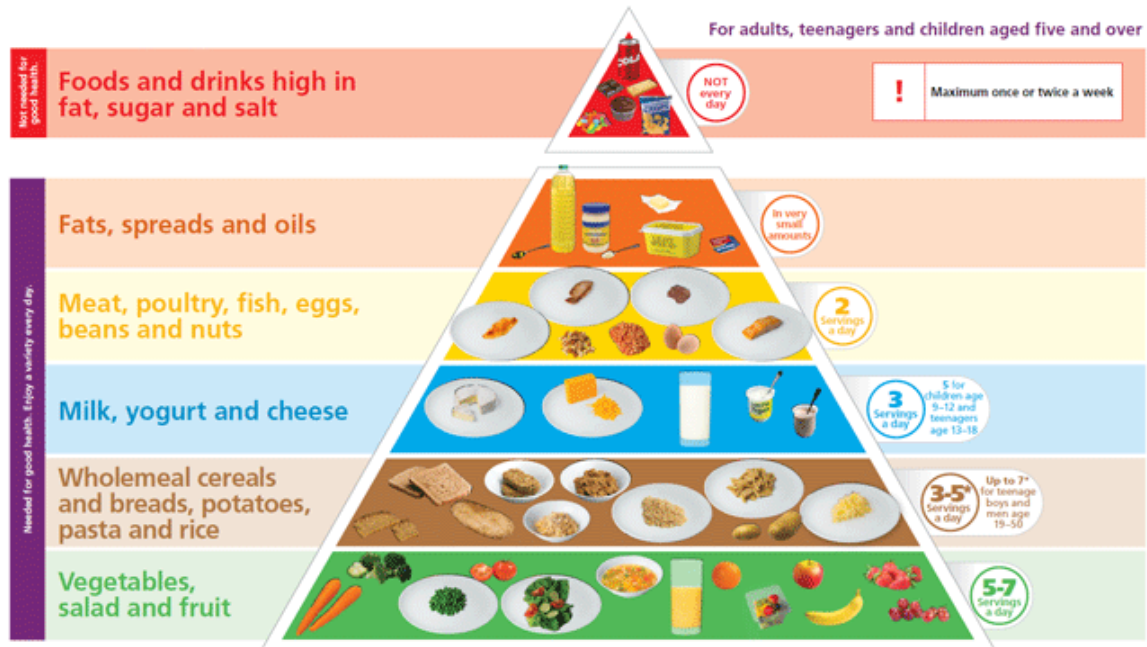
Processed Cheese e.g. Cheesestrings/dippers

Nuts

Peanut Butter
(Due to allergies)

Exceptions apply on occasions of celebrations, the days the school closes for holidays, school tours etc.

A very simple approach to healthy eating is to use the Food Pyramid:
(courtesy of www.safefood.ie)



The children and parents/guardians are reminded about this policy throughout the year.

In the event of a child/children bringing unhealthy foods to school, the child will be reminded by the class teacher of the School Policy. If he/she persists, the class teacher will contact the child's parents/guardians to remind them of the policy.

The school endeavours to provide sufficient time for children to eat their lunches. Children enjoy their food more and may even try other healthy options if they can relax, eat, and socialise with their friends at lunchtime

Roxboro National School is a FOOD DUDES school.
We promote the inclusion of one serving of fresh fruit and one serving of raw vegetables in each child's lunchbox every day.

This policy was ratified by the Board of Management in Term 2 2024/2025.