

Newtownmountkenedy Primary School Healthy Eating and Drinking Policy

Newtownmountkenedy Primary School has a policy of supporting a
“Healthy Eating and Drinking” Programme.

Children form their eating habits for life from an early age.

The aim of this Healthy Eating and Drinking Policy is that the children’s awareness of the importance of making healthy choices regarding food and drinks and the direct relationship between these healthy choices and concentration and energy levels will be heightened.

This will be done through demonstrations, experiments and specific lessons plans

This policy will work with the full cooperation and support of the Parents, Pupils, Staff and the Board of Management.

We ask you, as parents, to join us in promoting healthy eating and drinking choices.

A Child’s daily lunch to include ONE from each group:

<u>ENERGY FOODS</u>	<u>PROTEIN FOODS</u>	<u>FRUIT & VEG.</u>		<u>DRINKS</u>
Breads	Chicken	Apple	Kiwi	Water
Rolls	Turkey	Tomatoes	Corn	Unsweetened Fruit
Crackers	Ham	Satsuma	Pear	Juice
Pitta	Roast Meat	Carrot	Banana	Fruit Smoothies
Scones	Cheese	Cucumber	Raisins	Sugar-Free Squash
Tortillas	Tinned Tuna or Salmon	Broccoli	Plums	
Wraps	Cottage Cheese	Grapes	Orange	
Rice Cakes	Peanut Butter	Strawberries		
	Hummus			

Please avoid the following :

- Sweets, Chocolate & Bars, Biscuits, Buns & Cakes, Chocolate Spread
 - Crisps, Popcorn (*High Salt Content*), Snack-a-Jacks
- Highly Processed Foods such as Cheese Dippers & Cheese Strings
- Cereal Bars (*High Sugar Content*), Winders, Frubes (*High Sugar Content*)
 - Fizzy Drinks, Sweetened Fruit Juice
 - Hot Drinks (*Unsafe*)

NOVEMBER 2013: The Board of Management gratefully acknowledges the allocation of funding from the EU and the Department of Social Protection for the provision of Free Healthy Lunches FOR ALL OUR PUPILS from a supplier nominated by the Board. These healthy nutritional lunches replace the lunches brought from home for all our pupils with the exception of pupils with specific medical conditions, as determined by medical reports.

Please support this policy and help your child make Healthy Choices every day.

