



Healthy Eating Policy

RATIONALE:

Healthy eating is central to a person's overall wellbeing. Our aim in Bunscoil Rinn an Chabhlaigh is to promote healthy eating choices and habits from an early age. Circular 13 / 2016, 'The Promotion of Healthy Lifestyles in Primary Schools', highlights the importance of activity in schools in conjunction with healthy eating. While regulating food intake is not the job of the school, the school must support healthy eating practices through the promotion of healthy lunches, snacks and physical activity. The school will educate the pupils using the SPHE and SESE curricula.

BREAKS

For those who opt for Hot Lunch please ensure the item for break is a small item eg

- **Piece of Fruit/ vegetables:** 1 medium sized fruit (apple et.) /dried fruit / carrot sticks
- **Drink:** water only to be consumed throughout the day (unsweetened fruit juice / milk may be consumed with food only at break times)

LUNCH AND BREAKS- For those who have opted out of a Hot Lunch provision

A healthy lunchbox should contain some or all of the following: (*safefood.net/healthy-eating*)

- **Bread and Cereals:** Sandwiches / wrap / roll / pitta / crackers etc. (wholemeal is healthier)
- **Meat / Meat alternatives:** 2 slices of cooked meat / eggs / fish / hummus etc.
- **Fruit and vegetables:** 1 medium sized fruit / 2 small fruits / dried fruit / carrot sticks
- **Dairy:** yoghurt, cheese
- **Drink:** water only to be consumed throughout the day (unsweetened fruit juice / milk may be consumed with food only at break times)

Parents should ensure that their child has an appropriate portion size for their needs and time available as per Dept. of Education guidelines (10mins eating time per break).

We would ask that parents ensure their child's lunch is packed in an appropriate and secure container and that **ALL** uneaten foodstuffs, wrappers and cartons are returned home in the lunch box.

Allergies: We are a nut-free school (staff and children)

Some children in our school have very serious nut allergies. **All nuts and nut-containing products including Nutella, some cereal bars and nut butters are NOT permitted in school as they can be very dangerous to these children.** We ask that parents be mindful of other products that may have been produced in a factory handling nuts. All such information will be clearly printed on food wrappers.

There will be no sharing of lunches to limit the possibility of allergic reactions. We ask that parents **do not** send in birthday cake or other treats to share on the occasion of a child's birthday because of allergies.

FOODS not allowed

Any foods known to be high in sugar, saturated fat, salt, additives & preservatives, including, but not limited to, the following:

- All chocolate spreads
- Chocolate bars
- Chocolate croissants
- Sweetened fruit juice
- Crisps & similar products
- Lollipops
- Fruit winders
- Fast food
- Fizzy drinks
- Chewing gum

Unsuitable foodstuffs will not be permitted in school and will be returned home.

Children can have one small treat on **Fridays only**. For example: 1 fun size bar, 2 biscuits, yoghurt covered rice cakes, mini muffin etc. NO large sized bars, bags of sweets, lollipops, crisps.

End of term parties / treat days will continue at the class teacher's discretion. This will be communicated to parents by the teacher.

Further information about healthy eating, a balanced diet and sugar content can be found at: www.safefood.net.

The children will learn about healthy eating and foods in class when aspects of the Science and SPHE curricula are being taught.

The BSRAC Healthy Eating Policy is implemented throughout the school in collaboration with our school's Well-Being Policy – After all, healthy eating has a hugely positive impact on a person's general well-being.

Chairperson, BOM

Principal

Date:

18/02/2026

