



Scoil Mhuire Murroe

Healthy Eating Guidelines

“Eating habits, started in childhood, will influence your child’s chances of a healthy life. Children take example from parents, so a good variety of nourishing foods is important from the start to ensure a healthy, growing child. Surveys have shown that children’s lunches are often very unhealthy and not adequate nutritionally. They tend to be low in fibre and high in fat and sugar”. (Facts taken from **Your Child’s Lunchbox**”-Health Promotion Unit, Department of Health.)

At Scoil Mhuire Murroe it is our mission to educate our pupils to understand the important influence healthy eating has on their health. We wish to encourage our pupils to make healthy food choices so that they can reach their potential as healthy adults.

- ◆ A healthy lunchbox includes a piece of food from the first four shelves of the food pyramid. Examples of healthy sandwiches are as follows: peanut butter sandwich on wholemeal bread; ham roll; corned beef sandwich on wholemeal bread; cheese on wholegrain scone; egg and salad sandwich on wholemeal bread or filled pitta bread; (Include Food Pyramid here)
- ◆ Cans and glasses are not permitted for safety and litter reasons. Healthier choices of drink include water, yoghurt drinks, unsweetened fruit juice (orange,apple, blackcurrant, strawberry) and homemade vegetable soups.
- ◆ Crisps are not permitted for health and litter reasons. Peanuts are not permitted due to the risk of allergic reaction and also the risk of choking.
- ◆ Healthy snacks that we encourage for the small break include the following: fruit (banana, orange -in segments for children in Infant classes, small apple), yoghurt, fromage frais, plain biscuits, banana bread, carrot cake, tea brack, fruit slice and cereal and fruit bars.
- ◆ Food that have wrappers are to be kept to a minimum and disposed of properly, prior to going out on the yard in order to reduce litter and protect our school environment.
- ◆ All classes will receive a minimum of two lessons on healthy eating as part of our Social, Personal and Health Education programme.
- ◆ Opportunity to attend a healthy eating information evening offered to all parents.
- ◆ Teachers will provide positive modelling and supportive attitudes to encourage healthy eating.