



## Kilnamona National School

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# HEALTHY EATING Policy

### **PLEASE REMEMBER**

Kilnamona National School is a  
**NUT FREE AND KIWI FREE ZONE**



## The Food Pyramid

For adults, teenagers and children aged five and over

Not required for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

! Maximum once or twice a week

Needed for good health. Enjoy a variety every day.

Fats, spreads and oils



In very small amounts

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Milk, yogurt and cheese



3 Servings a day  
5 for children age 9-12 and teenagers age 13-18

Wholemeal cereals and breads, potatoes, pasta and rice



3-5\* Servings a day  
Up to 7\* for teenage boys and men age 19-50

Vegetables, salad and fruit



5-7 Servings a day

\*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
		3-4	4	4-5		3-4		3
	3-5	5-7	5-7	4-5		4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.

Drink at least 8 cups of fluid a day - water is best

**Get Active**  
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

Source: Department of Health, December 2016.

## **Mission Statement**

Kilnamona National School is committed to promoting the health of all its pupils. The school supports the view that healthy eating contributes to physical, mental and emotional well being and increased concentration levels. The school recognises that healthy eating habits are established at a young age and provide a life long health benefit.

In recognition of the health benefits gained from having a healthy diet the school is promoting a healthy eating policy. In May 2008 following a lunchbox survey carried out in the school, a working group consisting of 3 parents, 2 senior pupils, a teacher and the community dietician from the HSE met to review the results of the survey and develop the policy.



## **Aims**

The healthy eating policy aims to positively affect healthy eating among school-age children by:

1. Encouraging and promoting children to drink milk and water.
2. Increasing fruit and vegetable intake.
3. Avoiding the inclusion of treats such as crisps, chocolate and biscuits in lunchboxes and replacing them with healthy snack choices
4. Encouraging children to play an active role in choosing and preparing a healthy school lunch
5. Rewarding achievements with non food items.

## **Options for a healthy lunchbox**

A variety of foods are recommended over the course of the week to add variety and interest to the lunchbox.



- Drinks: Water, milk, unsweetened fruit juice, sugar free juices or fruit smoothies
  - Fruit: 1-2 pieces (small portions/chopped for easier consumption - fresh/dried/tinned fruit)
  - Sandwich: Consisting of a food from the second shelf from the bottom of the food pyramid e.g. wholemeal/wholegrain bread/rolls/baps/ wraps/bagel/pitta bread and a food from the protein shelf e.g. fish, cheese, lean meat, egg, poultry, pulses
  - Salad/veg: carrot sticks/grated, cherry tomatoes, chopped
- 
- Snacks: peppers, cucumber slices/sticks, salad in sandwich plain/fruit yoghurt, crackers, cubes of cheese, scones, brack, hot cross bun, plain popcorn and muesli bars

Check out [www.fooddudes.ie](http://www.fooddudes.ie) for some lunchbox tips and ideas

## Policy Extras

- A five minute period has been allocated as a sit down time for small break and ten minutes for lunch break. This should allow ample time for children to eat their lunch. Water is available at all times during the day. In addition to this , children will be encouraged to drink immediately after small break and lunch break.



**Parents /Guardians are reminded to ensure to avoid all forms of nuts and kiwis in pupils' lunches to ensure the safety of pupils who are allergic to any type of nut (peanut, brazil, hazelnut, walnut, cashew, almond, pistachio, pecan), peanut butter, kiwi and sesame seeds (sesame seeds can be on burger buns, hummus, crackers, bread sticks, some breads & sesame sticks etc.)**

- The school avails of the Lunch Bag Scheme. Parents can download the required app and order their child's lunch online which is delivered daily to the school. All lunches delivered are nut free.
- The school participates in the Food Dude Initiative.
- Recycling in school is encouraged and any additional packaging/waste is to be taken home.
- Healthy Eating is covered under the SPHE programme. To support the SPHE curriculum and the school's health eating policy a minimum of two healthy eating classes will be delivered by the teachers per year.
- The Healthy Eating Policy extends to school outings/events. However, exceptions may be made at the discretion of the Principal.
- The school encourages physical activity for all children. A variety of sporting activities are part of the curriculum and all children take part in these activities. Yoga sessions are organised .
- The policy will be monitored by observing lunch boxes. A review will take place annually following feedback from parents, children and school staff.



This policy was first implemented from the 1<sup>st</sup> December 2008. The most recently review was carried out in September 2021.