

The Children's Lodge

Healthy Eating Policy

Background:

Healthy lunches have always been encouraged at The Children's Lodge. In recent years, parents/guardians and teachers have noticed that there is an element of confusion in what constitutes a healthy lunch.

This policy was formulated through consultation with the parents/guardians and teachers at The Children's Lodge. We sought advice from the Health Promotion Department TULSA-Child and Family Agency and from the Department of Education. A survey of parents's/guardians's ideas on school lunches was conducted before Christmas. All comments were considered and taken on board. All the information gathered have helped in developing this policy.

Rationale:

The focus on healthy eating forms part of our curriculum. Good nutrition is essential for the physical and mental development of our children, enabling them to maximise the holistic education opportunities offered to them at The Children's Lodge.

Aims:

1. To encourage healthy eating and develop an understanding of a balanced diet.
2. To encourage children to experience a wide variety of healthy food.
3. To help children understand the link between healthy eating and a healthy active lifestyle.
4. To support parents and provide information
5. To improve dental hygiene.
6. To educate children for living and for life.

Procedures/Guidelines:

- Staff will encourage healthy eating by providing informal positive reinforcement of the Lunch Policy.
- Water is available at all times.
- Time will be allocated during the day for children to have lunch.
- Staff will sit with children during meal and encourage good eating habits
- Parents will be advised if their child has not eaten well.
- Any uneaten lunch will be put back in the child's lunch box for the parents to see.
- Food will be available to children if they are hungry between meals.
- Information is available to staff in relation to children on special diets/allergies.
- Parents will be given safety and nutrition guidance with regard to healthy lunches and snacks.
- Parents are asked not to send sweets, crisps, popcorn, biscuits or fizzy drinks to the service.
- Children will be encouraged to participate in sporting activities as part of the school's healthy eating/healthy lifestyle policy.

Definition:

A healthy lunch contains a variety of nutritionally balanced foods, which caters for individual preferences and dietary requirements.

N.B. You must inform the school if your child has a food allergy or a specific dietary need.

Recommended Foods:

1. Brown, multi-grain or white bread or rolls, pittas, wraps, bagels, pasta, rice, potato, rice cakes, crackers or bread sticks. Try to vary these so that your child gets a variety of nutrients and experiences new and interesting tastes.

2. **Sandwich Fillings:-**
 - . Any meat, e.g. ham, chicken, turkey, beef etc.
 - . Any fish, e.g. tuna, salmon, sardines etc.
 - . Egg, cheese, salad, tomato, cucumber, coleslaw, high fruit jam, peanut butter, hummus etc.
3. Including milk, cheese or yogurts (drinks, fromage fruits at lunch helps to provide calcium for healthy bones and teeth). Low sugar yogurts are also encouraged.
4. **Occasional Foods** (i.e. not for every day): plain scones, plain home baking, plain biscuits, low sugar plain cereal bars, nutella spread.
5. **Any fruit or vegetable.** We need 5-a-day, so aim to bring at least two portions for lunch. Apple, orange, banana, grapes, kiwi, melon, pear, peach, strawberries, blueberries, mandarins, home made fruit salad or tinned fruit in its own juice, raisins, pineapple, plums, carrot sticks, celery, cherry tomatoes, cucumber, peppers, home made fruit smoothies with little or no added sugar etc.
6. **Drinks:** Water, milk, fruit squash with no added sugar which has been well diluted with fresh water, orange juice, apple juice and low sugar yoghurt drinks.

Please Note:

Our consultation with dietitians from the HSE has led us to becoming wary of hidden sugars, hidden fats and hidden salts which highlights the importance of varying the types of food and drink used- for example:

- . Some cereal bars, some yoghurts and some pre-prepared drinks contain high amounts of sugar.
- . Similarly, most crackers, pre-prepared popcorn and most ready-to-go snacks are high in salt.
- . Cakes, biscuits, some cheese, nuts and processed meats are high in fat.

These foods should not be included in lunches on a daily basis. Cheeses are a good source of Calcium and should not be restricted for children. The following foods should not be included in school lunches:

- . Fizzy Drinks
- . Chewing gum.
- . Lollipops.
- . Sweets.
- . Chocolate or toffee bars.
- . Chocolate covered biscuits or chocolate cereal bars.
- . Doughnuts.
- . Pastries.

- . Fruit Winders.
- . Crisps.

These foods should only be given to children in limited amounts on special occasions, e.g. Sports Day, Christmas Party or School Outing etc.

Resources/Implications:

This policy will be circulated to all families of children attending The Lodge and to all staff members. It will be kept on file. It is hoped that all parents/guardians will actively support this policy.

The staff and management have observed that praising younger children for bring healthy food is very effective.

Monitoring/Review:

This policy has been circulated to all parents and reviewed by our Health Promotion Officer Sinead Brady

This policy was adopted by The Children's Lodge on Date: 2nd September, 2019

Signed by: Sinead Brady Owner/Supervisor

This policy will be reviewed on annually in collaboration with staff and parents/guardians

Date this policy will be reviewed on	<u>1/9/2020</u>
Reviewed on	
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Reviewed on	

The Children's Lodge

Lunch policy

We have lunch in school every day at approximately 10.30a.m. The tables are washed every day before lunch and each child is provided with a clean plate. We ask that parents provide their child with a healthy lunch. A healthy lunch leaflet was provided to all parents at the start of the year. If you need another copy please ask any staff member and one will be given you. Any uneaten lunch will be put back in your child's lunch box for you to see. This is so that you can see what your child has eaten. If we feel that your child needs more lunch or has too much lunch Sinead will contact you and let you know.

If your child has missed any breakfast please let us know so that we can offer your child food at 9.30a.m.

Lunch at the Lodge is a social and enjoyable occasion. We all sit at circular tables and interact with each other. Staff always sit with the children so that they can chat with them and listen to their stories.

If you have any questions or concerns please feel free to contact me at school or on my mobile 086-2471820

Kind Regards

Sinead Brady
Owner/Supervisor

*Reviewed SB
2/9/19*

The Children's Lodge

- Healthy lunches have always been encouraged at The Children's Lodge.
- Staff will encourage healthy eating by providing informal positive reinforcement of our Lunch Policy.
- The staff and management have observed that praising younger children for bringing healthy food is very effective.
- Each week we have a fruit of the week and we also have a healthy eating corner in school.
- Children are involved in our food preparation.
- We work in compliance with the Childcare Regulations 2006, HSE Guidelines, Siolta and Aistear Principles.

The focus on healthy eating forms part of our curriculum. Good nutrition is essential for the physical and mental development of our children, enabling them to maximize the holistic education opportunities offered to them at The Children's Lodge.

This leaflet is part of our Healthy Eating Policy which every parent will be given a copy of.

Sinead Brady is our Health Promotion Officer.

We welcome any comments, ideas or suggestions parents might have.

**THE CHILDREN'S LODGE
NEW ROAD,
BANDON, CO.CORK.**

Mobile: 086-2471820

The Children's Lodge Montessori School Healthy Lunchboxes



Here are some practical tips for you on how to prepare a healthy lunchbox.

A healthy lunch consists of a variety of nutritionally balanced foods, which caters for individual preferences and dietary requirements.

Good habits set early in childhood can last a lifetime.

Tips on how to prepare a Healthy Lunch Box.

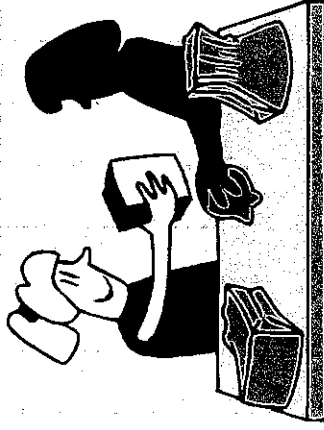


- Keep it varied.
- Include a variety of foods-starchy foods, protein, dairy, fruit and vegetables.
- Try to offer different foods every day to keep them interested.
- Choose fresh food if you can and avoid processed foods.
- Remember your 5 a day.
- Encourage Milk and Water. Straws and brightly coloured bottles can make rehydrating more interesting.

Recommended Foods

- Brown, multi-grain or white bread or bread rolls, pittas, bagels, pasta, rice, potato, rice cakes, crackers or bread sticks. Try to vary these so that your child gets a variety of nutrients and experiences new and interesting tastes.
- Sandwich fillings can include any meat, fish, egg, cheese, salad, tomato, cucumber, high fruit jam, peanut butter hummus etc.
- Any fruit or Vegetables. Children need 5 a day so aim to bring at least 1 portion.
- Water, milk, fruit squash with no added sugar which has been well diluted with fresh water, unsweetened fruit juice and low sugar yoghurt drinks.

Sample 5 Day Lunchbox Planner



- Monday:**
1 medium bread roll with chicken and lettuce, handful of carrots, pot of low fat yoghurt and water.
- Tuesday:**
Small pitta bread with tuna, banana, wholemeal scone, kiwi, milk.
- Wednesday:**
Cous-cous with dried fruit, crackers with cheese, apple, water.
- Thursday:**
Sandwich with ham, container of fruit in own juice, raisons, yoghurt.
- Friday:**
Tortilla wrap with chicken and peppers, tub of stewed fruit, rice cake, crackers with hummus, milk