



Healthy Eating Policy

Introduction

In Blessington Educate Together National School, we encourage healthy eating.

Breaks

The children have two breaks at which they eat. It is hoped that the children will be both encouraged by their peers, and enticed by the variety of fruit and vegetables they will see being consumed around them, to try various healthy options and eventually find some that they like to eat.

Please note, below are suggestions and act only as a guide -

Lunch time:

- Sandwiches (made from bread of all types)
- Filled rolls (of all types)
- Wraps, pitta breads, bagels, scones
- Crackers (preferably wholegrain/wholewheat) and cheese
- Yogurt, yogurt drinks and fromage frais (excluding chocolate ones)
- Cheese of any kind
- Fruit or vegetables of any kind
- Pasta, spaghetti or rice in small containers
- Slices, cubes of chopped meat, chicken, fish or hard-boiled eggs.

Yogurts should be of suitable size and easy for infants to eat without spilling.

Break time:

Fruit

- Any whole piece of fruit such as an apple, pear, banana or orange
- A bowl of chopped fruit such as pineapple cubes, melon pieces etc
- A bowl/pack of dried fruit such as raisins, dried apricots etc.
- It is important that any food is made easy for infants to eat.

Vegetables

- Chopped peppers, carrots, celery sticks, cucumber etc
- Baby tomatoes or other whole baby vegetables

Drinks:

We recommend that **every child bring a drink of water each day.**

Other drinks include:

- Flavoured water
- Milk
- Fruit juice (preferably diluted and unsweetened)
- Diluted drinks/squashes (sugar free)

Unsuitable Foods

The following foods **are not permitted** for consumption in BETNS:

- Fizzy drinks
- Crisps
- Chewing gum
- Sweets
- Chocolate bars
- Biscuits
- Cakes

Nuts

Due to a number of children in our school with nut allergies, we operate a nut-free environment. There are strictly no nuts or nut products allowed in BETNS.

For this reason, we have changed our previous policy that allowed parents/guardians to bring baked goods, for their child's birthday, and treats each Friday to school. The children's health and safety comes first at all times. Although we have conscientious and well-meaning parents/guardians, we cannot risk any goods coming to school potentially containing nuts or nut traces.

Children, instead, can bring a toy to school each Friday which they can play with during Golden Time.

Review

Date Created	May 2019
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