



### Aidhmeanna

- Na páistí a spreagadh chun roghanna ciallmhara sláintiúla a dhéanamh agus é a bheith mar nós fad téarmach.
- Aird na bpáistí a dhíriú isteach ar chothú.
- Aird na bpáistí a fheabhsú ar scoil.
- Múineadh do na páistí a bheith aireach maidir le mearbhia, bia réamhullmhaithe agus a bheith freagrach as é a sheachaint.
- Moltaí a thabhairt do thuismitheoirí/caomhnóirí maidir le lón/bia scoile feiliúnach a roghnú.  
\* Comhairle a thabhairt faoi na rudaí nach gceadaítear mar chuid den lón scoile.
- Teachtaireacht an bhia shláintiúil a thabhairt go foirmiúil trí cheachtanna OSPS (Oideachas Sóisialta, Pearsanta agus Sláintiúla) agus go neamhfhoirmiúil is rith an lae.

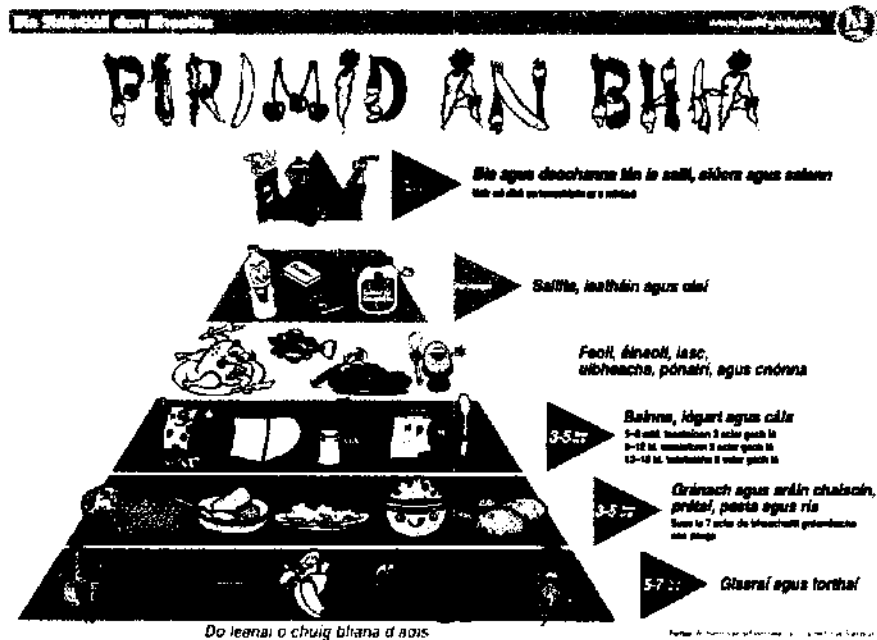
### Am Lóin

Bíonn 10 nóiméad ag na páistí chun an lón a ithe ag an dhá am lón. Moltar go mbeadh éagsúlacht ag baint le lón an pháiste agus moltar bia a roghnú ó na liostaí samplacha thíos. Braitheann an méid bia a chuirtear sa bhosca lóin ar aois agus ar ghoile an pháiste. Ní mór go mbeadh torthaí ar mhéid sholáimhsithe, craiceann bainte agus gearrtha más gá.

### Treoracha don bhosca lón sláintiúil:

- Tá gá ag páistí le blúiríní beaga de réimse bia folláin.
- Féach ar an bpirimid bia chun an bia ceart a fháil. Déan iarracht bia úr is neamh oibrithe a ithe.
- Úsáid píosa beag ime is leatháin. Úsáid iad siúd atá íseal i saill sháithithe.
- Léigh lipéidí go cúramach. Féach amach le haghaidh siúcra mar shampla glúcós, súcrós, frúchtós.
- Roghnaigh glasraí agus torthaí bunaithe ar réimhse dathanna. Tá glasraí glasa lán le cothaitheacha le haghaidh croí sláintiúil. Tá torthaí buí nó oráiste lán le vitimín A agus C. Tá gach toradh lán le snáithín/ábhar intuaslagtha a chuidíonn le díteá.
- Tá formhór de pháistí in Éirinn íseal i gcalciam. Tabhair bainne mar dheoch agus féach amach le haghaidh iógart a bhfuil calciam sa bhreis ann.

## Pirimid an Bhia:



## Deoch:

Uisce nó bainne. Feabhsaíonn siad tiúchán ar scoil. Molaimid buidéal uisce le caipín smeacha bheith fágtha ar an deasc i rith an lae. Is féidir an buidéal céanna a úsáid gach lá agus é a líonadh ar scoil.



Seachain 'squash' nó boscaí sú mar go bhfuil siad lán le siúcra is ní dhéanann siad aon mhaitheas d'fhiacla atá ag forbairt. In ionad seo, déan do shú féin as torthaí úra.

## Bia atá molta go hard don lón:

- Arán difriúil. Roghnaigh arán gráin, Arán slánghráin donn, bagels, arán le síoltaí sa bhreis seachas arán bán mar go bhfuil sé an íseal i snáithín.
- Rollaí de gach sórt – donn, petit pains, burger buns.
- Arán pita, naan, bagels, tortilla wraps, Craicéir Shlánghráin.
- Is féidir pasta, spaigítí, cous cous agus rís a chuir i mboscaí sailéide.
- Torthaí tirime – risíní, bansabhdáin, aibhreoige, figí. Ba chóir dóibh bheith ite le arán chun greamú ar na fiacla a sheachaint.
- Éagsúlacht bia mar bruschetta nó quiche.
- Íogairt le calciam sa bhreis ann. Tá íogairt nádúrtha níos airde i gcalciam.
- Ciúbanna cáise.
- Bataí/maidí glasraí mar shampla cairéad, soilire, píseanna, piobar (glas, buí, dearg)
- Gach sórt toradh – úll, mandairín, péitseog, piorra, pluma, banana, kiwi.



### Ceapairí:

- Iasc mar shampla tuna, bradán, sardines (árd in Omega 3)
- Sailéad mar shampla leitís, tráta, arbhair, cúcamar.
- Liamhas lean, sicín, muiceoil. Is ea is liú próiséalú is ea is fearr é.
- Seachain salamaí, pepperoni, jerky (pepperami) agus ispíní mar cé go bhfuil próitéin iontu tá siad lán do salann agus sail. Tógann jerky am le hithe freisin.
- Cáis de gach sórt, ciúbanna, maidí, sliseanna
- Ubh bhruite

### Moladh:

Bíonn gráin rósta ceannaithe go minic lán de salann. Bíonn i bhfad níos lú salann má déantar sa bhaile é nó smaoinigh an ceann ceannaithe a thabhairt anois agus arís, seachas go rialta.

Má thagann do lón isteach ó grúpaí sheachtrach is féidir roghanna sláintiúla a ordú anseo freisin.

Má tá páiste agat nach bhfuil ró shásta, ná bí buartha. Nuair a fheiceann sé nó sí gach duine eile ag ithe an bia ceart, glacfaidh sé/sí páirt.

### Bia nach bhfuil ceadaithe:

Tá cosc iomlán ar chnónna de gach shaghas agus ar bhianna ina bhfuil cnónna mar chomhábhar iontu (mar sh. Nutella, im piseanna talún) i nGaeilscoil Bhrian Bóroimhe de bharr ailéirge láidir atá ar roinnt páistí/ foireann na scoile.

- Deochanna sioscarnacha, Deochanna spóirt, nó deochanna lán de caiféin (Monster, Prime etc.)
- Cácaí is mílseáin de gach sórt - Fruit Winders san áireamh.
- Criospaí is brioscáin
- Pastaetha le seacláid nó reoán
- Barraí/Cearnóga arbhair mar is siúcra/leáchán é 50% de chuid dóibh agus maireann siad ag barr na pirimide.
- Leathán seacláide is peanóid ime (barr na pirimide)
- Guma coganta
- Iógairt le cúinne milis



### Rialacha ginearálta:

- Níl cead ag páistí a lón a roinnt mar gheall ar ailéirge. Bíonn na ranganna ag meascadh go minic.
- Má tá ailéirge ag páiste do bhia éigin beidh cosc ar an bhia sin sa rang msh. Cnónna, ubh srl.

## **Critéir Rathúlachta**

Beidh a fhios againn gur éirigh leis an bpolasaí tré na múinteoirí bheith:

- Ag féachaint ar lón na bpáistí
- Ag déanamh súirbhéanna
- Ag labhairt le tuismitheoirí

## **Scoil Ghlas**

Chun tacú leis an obair atá á dhéanamh againn mar Scoil Ghlas, iarraidimid ar thuismitheoirí iarracht a dhéanamh bosca lóin a úsáid agus málaí plaisteacha, scannán cumhdaithe nó scragall stáin a sheachaint. Tá gach pacáiste le tabhairt abhaile arís. **Laghdaigh, Athúsáid, Athchúrsáil**

**Athchúrsáil!** Roghnaigh bosca lóin le cúpla urrann atá éasca don pháiste é a oscailt/a dhúnadh. Úsáid buidéal gur líonadh arís ar scoil le haghaidh uisce.

## **Róil agus Freagrachtaí:**

### **Tuismitheoirí / Caomhnóirí:**

- Lón sláintiúil a thabhairt don pháiste gach lá.
- Labhairt leis na páistí faoin mbia sláintiúil a thugann siad.
- An scoil a chur ar an eolas maidir le riachtanais speisialta bia / aon ailéirge atá ar a bpáiste.

### **Príomhoide**

- Tuismitheoirí/caomhnóirí a choinneáil ar an eolas faoi athruithe sa bheartas seo.
- Dul i gcomhairle leis an múinteoirí maidir le cúrsaí bhia sláintiúil.
- Meabhrú faoin bpolasaí seo a chur sna pointí eolais agus i ríomhphoist le linn na bliana.

### **Múinteoirí**

- Bheith ar an eolas faoi riachtanais chothaithe/ shláinte / ailéirge na bpáistí ina rang.
- Labhairt leis na páistí faoi lón sláintiúil go rialta.
- Tuiscint a chothú i measc na ndaltaí ar an taobh sóisialta a bhaineann le béile a ghlacadh agus béasaíocht spreagadh maidir leis.
- Ceachtanna ar bhia sláintiúil a dhéanamh i rith na bliana mar chuid den churaclam OSPS.
- Páistí a mholadh de bharr lón sláintiúil a ithe.
- Labhairt leis na tuismitheoirí/príomhoide má tá buairt faoi oiriúnacht lóin na bpáistí go minic.

Beidh cead ag na páistí soláistí beaga ( briosca, mion-bharra seacláide, mion-phaicéad milseán Bonnóg, cosc iomlán ar chnónna ) a bheith acu ar na hócáidí speisialta seo a leanas amháin:

*Príomhoide: Pádraig Ó Conchubhair*

*Príomhoide Tánaisteach: Sharon Ní Fhinnéadha*

- Laethanta saoire na Nollag, laethanta saoire na Cásca agus laethanta saoire an tSamhraidh.
- Turas scoile.
- Ócáidí eile eisceachtúla, roghnaithe ag an múinteoir ranga nó ag an scoil

Ní cheadaítear do thuismitheoirí/caomhnóirí cácaí lá breithe / paicéid mhilseán/ barraí móra seacláide nó criospaí a chur ar scoil gan é a bheith pléite leis an múinteoir ranga ar dtús.

**Suíomhanna Áisiúla:**

- Bileog ag, "The Health Promotion Unit" d'arbh ainm, "Food and Nutrition Guidelines for Primary Schools" [www.healthpromotion.ie](http://www.healthpromotion.ie).
- [www.healthyeireland.ie](http://www.healthyeireland.ie)
- Tá go leor eolas ag an Irish Nutrition and Dietetic Institution faoi chothú agus tá smaointí acu faoi bhia don lón ar scoil [www.indi.ie](http://www.indi.ie) .

Conor Ó Braonáin, Cathaoirleach:

*Conor Ó Braonáin (Conor Ó Braonáin)*

Pádraig Ó Conchubhair, Príomhoide:

\_\_\_\_\_

Dáta:

21-11-23



**Aims of Healthy Eating Policy are to:**

- Support and encourage healthy choices regarding eating habits in children and to make it a lifelong habit.
- Promote nutrition awareness.
- Improve attention levels in class
- To teach the children to be aware of fastfood and processed foods and to make the decision to reduce it.
- Suggest healthy lunch options to parents/ guardians
- Give recommendations to parents/ guardians regarding school lunches.
- Formally and informally educate children about healthy eating options through SPHE (Social, Personal, Health Education) lessons.

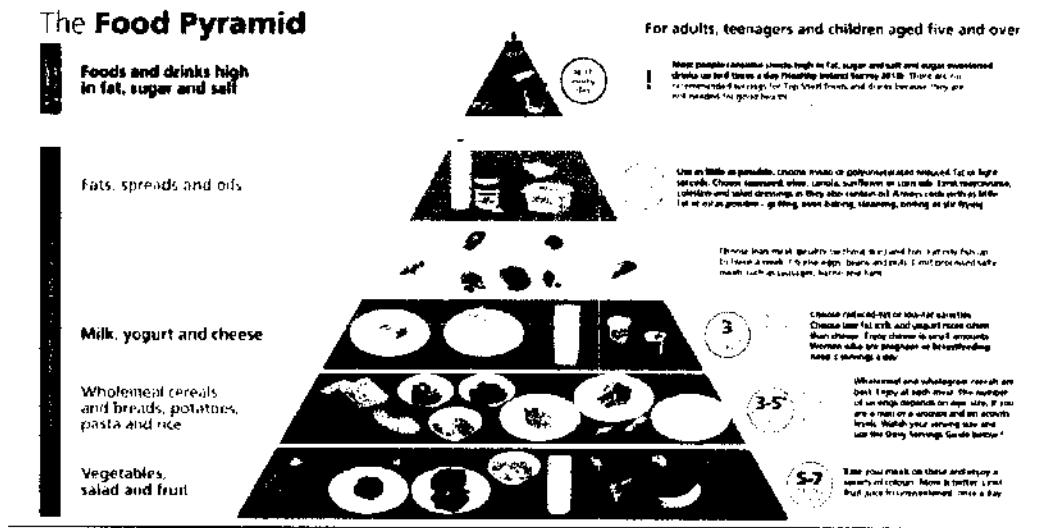
**Lunch time**

Children have approximately 10 minutes to eat at both breaks. Ideally, children's lunches should be varied and include choices from sample food groups below. The amount of food given in the lunch box depends on the age and appetite of the child. Fruit should be of a manageable size, peeled/chopped if necessary.

**Creating a healthy lunch box:**

- Children need small amounts of a variety of good food.
- Always base your choice on the food pyramid and try to choose the most pure and unprocessed forms of food.
- Use butter and spreads sparingly and use those low in saturated fat.
- Read labels carefully. Watch out for disguised sugars such as glucose, sucrose and fructose in foods.
- Try to choose a variety of different fruit and veg based on their colour. For example, green veg contains nutrients for a healthy heart. Yellow or orange coloured fruit/veg are high in vitamin A and C. All fruit contain soluble fibre which helps digestion.
- Many Irish children are not meeting their calcium requirements. Give your child milk as a drink and look for yoghurts with added calcium.

## The Food Pyramid:



## Drinks:

**Milk or water.** Keeping children's teeth in mind and to improve concentration in school, we ask that each child has a bottle of water with a non-spill flip top which they can keep on their desks and take a sip during class. These bottles can be recycled and reused by filling them with tap water. Tap water is better for teeth because it contains fluoride. Children can refill bottles at school.



Avoid diluted fruit squash/ juice boxes. Many juices are little more than sugary water, are made from concentrate and are not good for developing teeth. Instead choose freshly squeezed juice

## Highly recommended foods for lunch:

- Different breads. Choose wholegrain brown bread, bagels, breads with added seeds instead of white bread as it is very low in fibre.
- Rolls of all sizes – brown, wholemeal, petit pains, wholemeal burger buns
- Pita breads, naan bread, bagels, tortilla wraps, wholegrain/wholewheat crackers
- Pasta, spaghetti, cous cous and rice could be included in salad boxes.
- Dried fruits – raisins, sultanas, apricots, figs. Dried fruits should be eaten with bread to avoid them sticking to teeth.
- Variety foods such as bruschetta or quiche.
- Yoghurts that have added calcium (natural yoghurt is highest in calcium)
- Cubes of cheese
- Vegetable sticks eg carrot, celery, petit poidis, pepper (red, yellow, green)
- All fresh fruit – apples, mandarins, peaches, pears, plums, bananas, kiwis



### **Fillings for sandwiches:**

- Tinned or fresh tuna, salmon, sardines (omega 3 fish oils)
- Salad vegetables: lettuce, tomato, sweetcorn, cucumber.
- Lean ham, chicken, pork etc. remember, the less processed, the more nutritious.
- Sausages, pepperoni, jerky (perrepami) and salami are low in protein and iron but high in salt and fats so try to avoid these. They can also take a long time to eat/chew.
- Cheeses – cubes, sticks, slices
- Boiled egg

### **Suggestion:** (as was previously not allowed)

Store bought popcorn can have quite a high level of salt. Homemade popcorn has much less or only give store bought popcorn now and then instead of often.

Please be aware that outside lunch companies have a range of healthy lunch options as well.

If you have a fussy eater, don't worry, when he/she sees his/her peers eating the same he/she will soon join in!

### **Foods that are not allowed:**

**Nuts of all types and foods containing nuts (Nutella, peanut butter) are not allowed in Gaelscoil Bhrian Bóirimhe due to some of our students/staff having severe nut allergies**

- Fizzy drinks, sports drinks (high sugar) or drinks high in caffeine (Monster, Prime etc.)
- Cakes and sweets of any kind including Fruit Winders.
- Crisps and biscuits
- Pastries that include chocolate/ icing
- Cereal bars/ Squares because they belong at the top of the food pyramid and are made of up to 50% sugar/Marshmallow.
- Chocolate spread and peanut butter spread (belong at the top of the food pyramid)
- Chewing gum
- Yogurts with sweet corners



### **General Rules:**

- Children are not allowed to share their lunch due to allergies as classes mix frequently.
- If a child has an allergy to a specific food (eg.nuts/eggs), that food will be banned within the class.

### **Success Criteria We will know that the policy is effective by:**

- Observing what children have in their lunch boxes
- Doing surveys
- The feedback from parents/guardians and school staff



## **Green schools:**

To support our school as a Green School, parents are asked to be mindful of the packaging of lunches and to avoid use of plastic bags, cling film or tinfoil where possible. All packaging is to be brought home again – reused, recycled or disposed of.

Recycle! Choose a lunch box with several compartments which is easy to open. Reuse bottles for water.

## **Roles and Responsibilities**

### **Parents/Guardians**

- To provide the child with a healthy lunch every day.
- To discuss the healthy food they have given with their children
- To inform the school of any special food restrictions/allergy that pertains to their child.

### **Príomhoide/Principal**

- Keeping parents/guardians informed regarding changes in this policy.
- Liaise with the teachers regarding issues pertaining to healthy lunches.
- Write reminders of this policy in letters and newsletters during the school year.

### **Teachers**

- To be conversant with the special dietary requirements / allergies of all children in their class.
- To discuss healthy eating with the children regularly.
- To cultivate an understanding of the social aspect of having a meal and to promote desirable manners.
- To teach lessons on healthy eating as part of the SPHE curriculum.
- To praise children who eat healthy lunches.
- Discuss with the parents/principal if there are concerns regarding the suitability of a child's lunch on a regular basis.

\*Children will be allowed to have small treats (biscuit, mini chocolate bar, mini packet of sweets buns) on the following special occasions only:

- Christmas, Easter and summer holidays
- School tour.
- Other special (exceptional) occasions, chosen by the class teacher or the school

\*Parents/ guardians are not allowed to send birthday cakes/ packets of sweets/ big bars of chocolate or crisps to school without having been discussed with the class teacher.

**Useful information:**

- The Health Promotion Unit have a booklet called "Food and Nutrition Guidelines for Primary Schools" [www.healthpromotion.ie](http://www.healthpromotion.ie).
- [www.healthireland.ie](http://www.healthireland.ie)
- The Irish Nutrition and Dietetic Institute have a vast amount of information on nutrition and diet and have suggestions on what to include in school lunch boxes. [www.indi.ie](http://www.indi.ie)

**Conor Ó Braonáin, Cathaoirleach:**

**Pádraig Ó Conchubhair, Príomhoide:**

**Dáta:**

*Lana O'Brien*

21/1/23