**Healthy Eating Guidelines Muslim National School, Clonskeagh**

**Overview**

As part of our SPHE (Social, Personal and Health Education) we, at Muslim National School, are committed to promoting and encouraging a healthy food plan. This plan applies to our lunches and to any other food related activities that take part in our school. We are aware that we have some children living in homeless hubs, hotels and refugee centres and therefore we prefer to operate with guidelines rather than a strict policy.

**Rationale**

School age is a perfect time for children to learn about healthy food as they begin to make choices for their own lifestyle.

The aims of this plan are**:**

1. To promote the health of the child and provide a foundation for healthy living in all its aspects.
2. To promote the personal development and well-being of the child.
3. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
4. The role of the teacher is to educate the children through the new curriculum on the role of healthy eating.
5. The role of the parent is to bring home the message of healthy eating.
6. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet

**Healthy Lunch-box Guidelines**

Lunches provide about one-third of our daily nutritional needs so it is important to put some thought and planning into them.

Healthy Lunch-box Guidelines

1. Sandwiches or rolls with cheese, chicken, turkey, tuna etc (protein)
2. Pitta bread, crackers, breadsticks, bread roll
3. Fruit (peeled and chopped for small children) such as bananas, oranges, apples, grapes, peaches, pears, pineapple cubes, fruit salad and even dried fruit. NB! Cut grapes in half for infant classes.
4. Vegetables (washed and chopped) such as carrots, peppers, tomatoes, cucumber, celery sticks. Why not add a dip such as hummus!
5. Cheese
6. Pasta, couscous or rice
7. Yoghurt (easy to open and low in sugar)
8. Milk
9. Water

**What should *NOT* be in a healthy lunch?**

1. Crisps, nuts of any description, popcorn
2. Chocolate, sweets, lollipops
3. Chewing gum
4. Cake, biscuits, pastries, cereal bars, chocolate biscuits

What drinks should not be allowed?

1. Fizzy drinks/ Sports drinks
2. Sugary drinks
3. Hot drinks (in case we spill them)

**Under no circumstance should nuts or nut products (eg peanut butter/chocolate spread) of any kind be included in lunch-boxes due to serious allergies within the school.**

**Water**

In our school the children eat twice a day, before going out to play. To ensure good concentration it is important for children to drink lots of water, so please encourage your child to bring a reusable bottle of water.

**Healthy Food Programmes**

During the course of the school year some of the classes may also get to take part in some Healthy Food Programmes such as Food Dudes and Cool Dudes which are specifically designed to support and educate children in healthy eating.

**What about Special Occasions?**

We will make some exceptions for a ‘treat’ for special occasions which include:

1. School tours
2. Eid
3. End of term celebrations

* *Remember NO NUT PRODUCTS and NO BIRTHDAY CAKES*

**All food consumed in our school must be halal.**