



## **Francis Street Healthy Eating Policy**

### **Rationale**

In Francis Street School, we believe that good nutrition during childhood lays a healthy foundation for life.

This policy was developed with input from

- Parents (via PA meetings and a google form questionnaire sent to all families in the school).
- Staff (via meetings and questionnaire).
- Pupils (via questionnaire and discussion groups).

### **Aims**

- To promote healthy eating across school life, consistent with national healthy eating guidelines and school curriculum.
- To ensure that food provision in school reflects the ethical and medical requirements of staff and pupils, e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.

### **Objectives**

- All pupils have the option to avail of the School Lunches Scheme (menu - appendix 1).
- Families will be issued with logins for the school lunches scheme with Glanmore to allow families the ownership of changing their child's meal to suit their needs.
- A pupil committee called the "Fit Squad" will be elected each year to promote healthy food choices, nutrition and physical exercise.
- The strands: (a) Myself and (b) Food and Nutrition will be taught in each class as set out in our SPHE policy.
- A healthy cooking program with affordable ingredients will be run for parents in the school.
- PA and Fit Squad will combine to create a noticeboard displaying the Food Pyramid, indicating the sugar content in certain food and drinks.
- School Milk Scheme will continue to run in the school.
- Green Team will explore growing vegetables in 23/24 school year.
- All children will have a bottle of water in school. Water can be refilled when needed.
- Food on our 'less favourable food choices' list (appendix 3) will be prohibited for consumption on school grounds and sent home in the child's bag.
- Exemptions will be made to cater for Treat Days, celebrations of birthdays and special occasions.
- A recommended reading list for parents and children to further develop their understanding of nutrition will be provided in Appendix 6 and 7 of this policy.



## Feedback From Stakeholders

Our policy has been created with the feedback provided to us by our whole school community: parents/carers, staff and children. We aim to implement a policy that suits our school environment as best as we can while also facilitating special dietary needs.

### Parental/Guardian Feedback

- Over 60% of families who responded, said their children avail of Glanmore school lunches.
- 94% of families said that energy drinks and fizzy drinks should be banned from school.
- 94% have said that Fridays should be seen as 'Treat Day' and recommended a list of treats (appendix 5).
- Families identified foods that they felt were nutritious yet realistic lunch options.

### Staff Feedback

- Staff agreed that fizzy drinks and energy drinks are not to be brought to school.
- Staff agreed that we should continue with Treat Day on Fridays where small treats (appendix 5) can be brought to school.
- Staff suggested teaching the strands: (a) Myself and (b) Food and Nutrition in each class as set out in our SPHE policy in early September (as mentioned in our objectives).
- Staff suggested a workshop for families in healthy lunch preparation to support families in providing nutritious lunches for their children.
- Staff also suggested the inclusion of an 'Appropriate Foods List'(appendix 2) , 'Inappropriate Foods List' (appendix 3) and 'Foods in Moderation List' (appendix 4).

### Child Feedback

The teachers in classes from Junior Infants to 4th Class held discussion groups with their children regarding healthy eating in school and completed questionnaires.

- Almost 60% of the children who answered on this day, drank water. 22% drank juice and almost 17% drank a diluted drink.
- Almost 100% of children said they eat some form of fruit or vegetable in school.
- Children have given examples of foods they feel are important for a nutritious lunch included in appendix 3.
- Almost 69% of children questioned said that they eat some form of treat (crisps, chocolate, biscuits, jellies) in school every day.



- Children suggested that they have access to a wider range of fruit such as peaches, grapes, strawberries.
- Some children have suggested that we allow biscuits as part of their lunch.
- Children highlighted a variety of things they liked about eating lunch at school which were: watching movies during lunch, talking with friends, the choice of popcorn and sharing food.

### **Communication:**

- All parents will receive a pdf version of the new policy on our Aladdin communications system.
- At the beginning of each term, we will send a condensed version of the policy via Aladdin outlining the "do's and dont's" of the policy.
- Our policy will be uploaded to our school website.
- All families of new entrants will receive a hard copy of the policy on our welcome day.
- During our Meet and Greets at the beginning of the year, we will provide a copy for parents.
- Staff have had an opportunity to contribute to the policy through meetings, discussions

### **Implementation**

Below we outline how the policy will be implemented.

Who?

- Francis St School staff inclusive of the Board of Management have a responsibility to uphold this policy.
- Should parents, guardians and carers provide food for children to consume in school, the food provided must adhere to this policy.
- Children have a responsibility to adhere to the school's 'Food Rules'.

What?

- As mentioned in our aims at the start of this policy, all stakeholders hold a responsibility to ensure that healthy eating is promoted across school life, consistent with national healthy eating guidelines and school curriculum.
- Families and staff are to ensure that food provision in school reflects the ethical and medical requirements of staff and pupils, e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- Families and staff are responsible for the provision and consumption of food that reflects this policy aims.
- The use of the food lists (appendices 2,3,4,5) to clarify foods deemed appropriate to be utilised by school staff, families and children for guidance.

Where?

- School and home have a responsibility to educate and encourage children regarding healthy food choices inside and outside of school.



When?

This policy aims to encourage healthy food choices by all involved (staff, families and children) on a daily basis.

The policy will be enforced from September 2023 and reviewed in May 2024.

Why?

In Francis Street School we are aware of the importance and impact that nutritious foods have on the body and minds of our children.

We are determined to give our children the best possible education and learning experiences and this is linked closely to students leading a healthy lifestyle.

How?

Please refer back to the listed objectives to see how this policy will be implemented.

If for whatever reason, the policy has not been enforced, a review and appropriate measure will be put in place to support this process. The Wellbeing Policy Statement and Framework for Practice and the Healthy Lifestyle Circular 13/2016 support the schools work in this area.

**Review and Evaluation**

This policy will be reviewed at the end of the school year 2023-2024 to assess it's effectiveness and implement changes that have been identified.

This policy was ratified by the Board of Management of Francis Street School on 22/06/2023

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*Gerard Cagney*

22/06/2023

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Chairperson

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Date



## Appendix 1 Glanmore Lunch Menu

### MORNING SNACK / BREAKFAST

Please tick 1 item from Choice 1 and 1 item from Choice 2 per day.

#### CHOICE 1

Please tick 1 item per day

	Mon	Tue	Wed	Thu	Fri
Glenisk Vanilla Yogurt	<input type="checkbox"/>				
Yogurt Rice Cake	<input type="checkbox"/>				
Brown Pancake	<input type="checkbox"/>				
Cheese Dip	<input type="checkbox"/>				
Soft Cheese	<input type="checkbox"/>				
Edam Cheese Piece	<input type="checkbox"/>				
Sliced Apple	<input type="checkbox"/>				
Apple & Grapes	<input type="checkbox"/>				
Apple & Carrot	<input type="checkbox"/>				
Apple & Blueberries	<input type="checkbox"/>				
Melon & Grapes	<input type="checkbox"/>				
Melon & Pineapple	<input type="checkbox"/>				
Seasonal Fruit Pot	<input type="checkbox"/>				

#### CHOICE 2

Please tick 1 item per day

	Mon	Tue	Wed	Thu	Fri
Raisins	<input type="checkbox"/>				
Oatie Crunch	<input type="checkbox"/>				
Bread Sticks	<input type="checkbox"/>				
Plain Rice Cake	<input type="checkbox"/>				
Jacobs Crackers	<input type="checkbox"/>				
Granola	<input type="checkbox"/>				
Strawberry Yoghurt Tube	<input type="checkbox"/>				
Brown Plain Scone	<input type="checkbox"/>				
Brown Fruit Scone	<input type="checkbox"/>				
Peppers	<input type="checkbox"/>				
Carrot Sticks	<input type="checkbox"/>				

Not available on this day

### LUNCH

Please tick 1 Bread & Filling OR Alternative Item, 1 Drink & 1 Piece of Fruit per day.

#### Bread

	Mon	Tue	Wed	Thu	Fri
Healthy Choice Pan	<input type="checkbox"/>				
100% Wholemeal	<input type="checkbox"/>				
Hi-fibre Soft Roll	<input type="checkbox"/>				
*Demi-baguette	<input type="checkbox"/>				
Farmhouse Brown	<input type="checkbox"/>				

#### No Dairy Spread

\*White Tues & Thurs. Brown Mon, Wed, Fri

#### Alternative items

	Mon	Tue	Wed	Thu	Fri
Jacobs Crackers & Cheese	<input type="checkbox"/>				
Pasta Bolognaise	<input type="checkbox"/>				
Plain Pasta	<input type="checkbox"/>				
Vegetable Salad Pot	<input type="checkbox"/>				
*Ham Salad Sandwich	<input type="checkbox"/>				
*Chicken Salad Sandwich	<input type="checkbox"/>				
*Cheese Salad Sandwich	<input type="checkbox"/>				
**Soft Bap Sweet Chilli Chicken	<input type="checkbox"/>				
**Soft Bap Taco Chicken	<input type="checkbox"/>				
**Soft Bap Tuna & Sweetcorn	<input type="checkbox"/>				
**Soft Bap Ham & Cheese	<input type="checkbox"/>				

#### No Dairy Spread

\*Salad: Lettuce, Red & Yellow Peppers

\*\*Baps: White: Tues & Thurs. Brown: Mon, Wed, Fri.

#### Fillings

	Mon	Tue	Wed	Thu	Fri
Ham	<input type="checkbox"/>				
Cheddar Cheese	<input type="checkbox"/>				
Chicken Breast	<input type="checkbox"/>				
Turkey Slice	<input type="checkbox"/>				
Tuna Mayo	<input type="checkbox"/>				
Egg Mayo	<input type="checkbox"/>				
Corned Beef	<input type="checkbox"/>				
Chicken Mayo & Stuffing	<input type="checkbox"/>				

#### Drink

+Add 1 Drink Per Day

	Mon	Tue	Wed	Thu	Fri
Water 250ml	<input type="checkbox"/>				

#### Fruit

+Add 1 Fruit Per Day

	Mon	Tue	Wed	Thu	Fri
Apple	<input type="checkbox"/>				
Banana	<input type="checkbox"/>				
Satsuma	<input type="checkbox"/>				

Not available on this day





Allergen Information: Glanmore Full Menu												
	Dairy	Wheat	Gluten	Soye	Egg	Celery	Mustard	Sesame Seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)
<b>Breakfast / Morning Snacks</b>												
Glenisk Vanilla Yogurt	X											
Yogurt Rice cake	X			X				X	I			
Brown Pancake	X	X	X	I	X							
Cheese Dip	X											
Soft Cheese	X											
Edam Cheese Piece	X											
Sliced Apple												
Apple & Grapes												
Apple & Carrot												
Apple & Blueberries												
Melon & Grapes												
Melon & Pineapple												
Seasonal Fruit Pot												
Raisins												
Oats Crunch	I	X	X	I	I							I
Bread Slices		X	X	I				I				
Plain Rice Cake	I			I				X				
Jacobs Crackers		X	X						I			
Granola	I	X	X	I	I							
Strawberry Yogurt Tube	X											
Brown Plain Scone	X	X	X	X	I							
Brown Fruit Scone	X	X	X	X	I							
Peppers												
Carrot Slices												
<b>Bread</b>												
Healthy Choice Pan		X	X	X				I				
100% Wholemeal		X	X	X				I				
16-fibre Soft Roll	I	X	X	X	I							
Demi-baguette		X	X					I	I			
Farmhouse Brown	X	X	X					I				
8 Free Bread												
<b>Dairy Spread</b>												
Dairy spread	X											
<b>Fillings</b>												
Ham												
Cheddar Cheese	X											
Chicken Breast												
Turkey Slice												
Tuna Mayo					X		X					X
Egg Mayo					X							
Corned Beef	X											
Chicken Mayo & Stuffing		X	X	X	X		X					
<b>Alternative Lunch options</b>												
Jacobs Crackers & Soft Cheese	X	X	X						I			
Pasta Bolognaise		X	X		I	X						
Plain Pasta		X	X		I	I						
Vegetable Salad Pot												
Ham Salad Sandwich (No Dairy Spread)	I	X	X	X				I				
Chicken Salad Sandwich (No Dairy Spread)	I	X	X	X				I				
Cheese Salad Sandwich (No Dairy Spread)	X	X	X	X				I				
Soft Bap Sweet Chili Chicken (No Dairy Spread)	X	X	X	X	I							
Soft Bap Taco Chicken (No Dairy Spread)	X	X	X	X	X							
Soft Bap Tuna & Sweetcorn (No Dairy Spread)	X	X	X	X	X							X
Soft Bap Ham & Cheese (No Dairy Spread)	X	X	X	X	I							
Add Dairy Spread to Sandwiches & Baps	X											
<b>Drinks</b>												
Water												

KEY: Allergen and Intolerance Information. NONE OF THE PRODUCTS ON THIS LIST CONTAIN PEANUTS, MOLLUSCS, LUPINS.

X CONTAINS

I MAY CONTAIN TRACES OF

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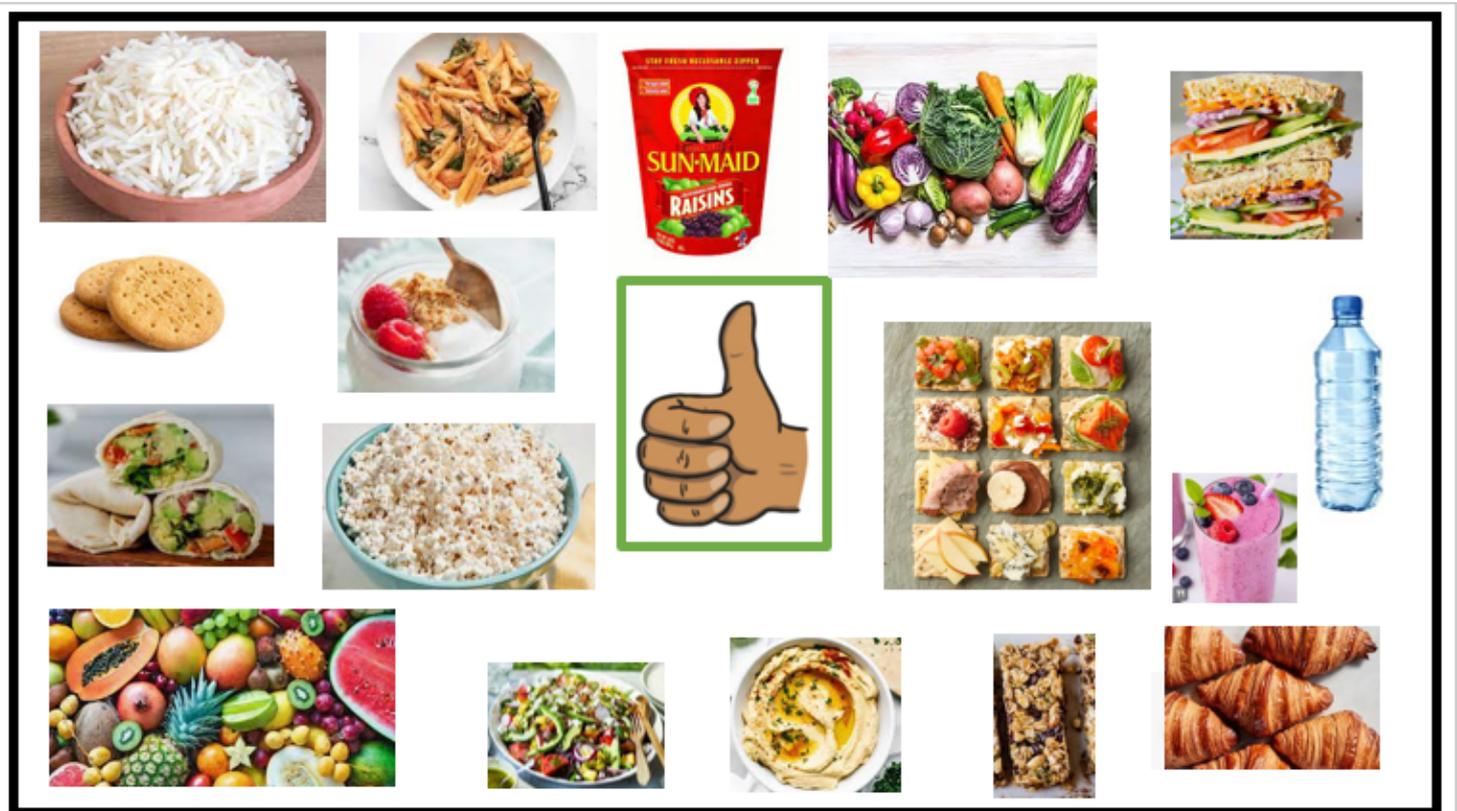


## Appendix 2 Appropriate Food List

Foods listed below are foods that stakeholders identified as being appropriate and nutritious:

Rice  
Bread  
Plain biscuits  
Pasta  
Raisin  
Vegetables  
Fruit  
Hummus  
Water  
Smoothie

Croissants  
Cereal bars  
Salad  
Popcorn  
Crackers  
Cheese  
Yogurts  
Diluted drinks  
Breadsticks  
Granola  
Milk



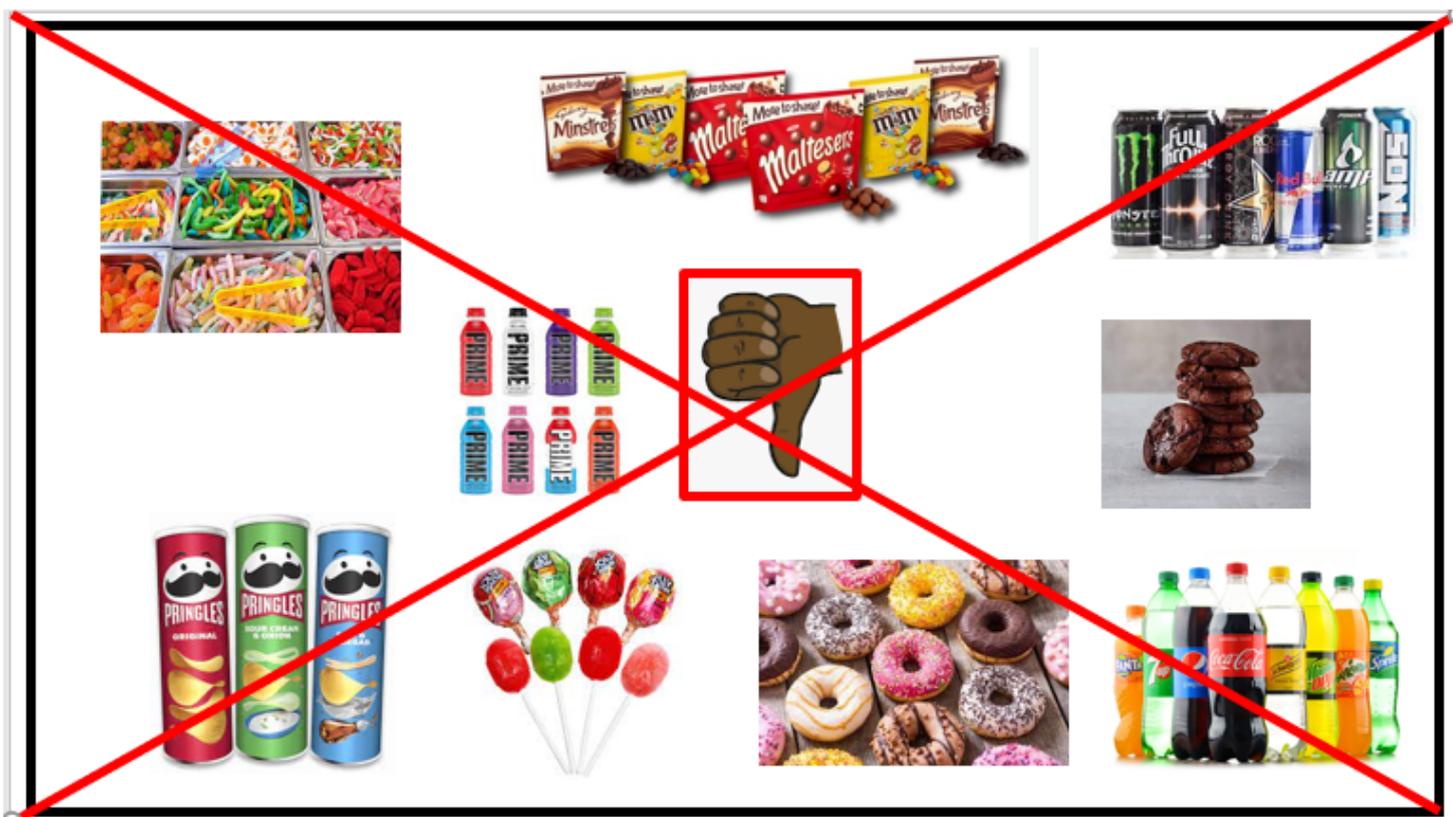


### Appendix 3 Inappropriate Food List

Foods listed below are foods that stakeholders identified as being inappropriate to have on a daily basis in school:

- Sugary sweets (particularly sharer bags)
- Chocolate (particularly sharer bags)
- Energy drinks
- Fizzy drinks
- Crisps (particularly sharer bags)
- Lolipops
- Chocolate biscuits (particularly full packets)
- Cake
- Donuts

\*Please note there are exemptions for Treat Days and party days/special occasions.





## Appendix 4 In Moderation Food List

Foods listed below are foods that stakeholders identified as foods that can be consumed in moderation:

- Sausage rolls
- Pizzas
- Jambons
- Wedges
- Chicken fillet rolls
- Sausages/hot dogs
- Pastries





## Appendix 5 Friday Treat Day List

The foods listed below are the foods that stakeholders recognised as foods that can be consumed during Treat Days only. Treat days commence on Fridays but may also be used for a special occasion or celebration.

The suggested food list is:

- Fun Size Haribo jellies
- One small chocolate bar
- One small bag of crisps
- 3-5 chocolate biscuits
- A pastry
- Slice of cake
- A donut
- A lollipop
- Sausage rolls
- Chicken fillet roll
- Slice of pizza





## **Appendix 6**

### Further Reading List for Children

"The Very Hungry Caterpillar" by Eric Carle

1. This classic children's book introduces young readers to fruits and vegetables in a fun and engaging way.

"Eat Your Colors" by Marcia Weber

2. This book teaches kids about the importance of eating a variety of colourful fruits and vegetables.

"Good Enough to Eat: A Kid's Guide to Food and Nutrition" by Lizzy Rockwell

3. It provides a comprehensive overview of nutrition, including information on healthy food choices, portion sizes, and the digestive system.

"Growing Vegetable Soup" by Lois Ehlert

4. This picture book follows the journey of growing vegetables in a garden and making them into a delicious soup, emphasising the connection between growing food and healthy eating.

"How Did That Get in My Lunchbox?: The Story of Food" by Chris Butterworth

5. This book explores where different foods come from and how they end up in a child's lunchbox, helping kids understand the journey from farm to table.

"Cooking Class: 57 Fun Recipes Kids Will Love to Make (and Eat!)" by Deanna F. Cook

6. This interactive cookbook provides step-by-step instructions for kids to create their own healthy meals, fostering a love for cooking and nutritious eating.

"The Omnivore's Dilemma for Kids: The Secrets Behind What You Eat" by Michael Pollan

7. Adapted specifically for young readers, this book explores the food industry, different food choices, and encourages critical thinking about food.

"I Will Never Not Ever Eat a Tomato" by Lauren Child

8. This imaginative story encourages picky eaters to try new foods and highlights the importance of a balanced diet.

"The Berenstain Bears and Too Much Junk Food" by Stan and Jan Berenstain

9. In this classic children's book, the Berenstain Bears learn about the consequences of eating too much junk food and the benefits of making healthier choices.

10. "The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth" by Ruby Roth

- This cookbook introduces plant-based recipes to kids, promoting healthy and sustainable eating habits.

These books provide a great starting point to teach children about healthy eating, nutrition, and the importance of making good food choices.



## **Appendix 7**

### Further Reading List for Parents

"In Defense of Food: An Eater's Manifesto" by Michael Pollan

1. This book explores the modern Western diet and provides practical advice on how to make healthier food choices.

"Food Rules: An Eater's Manual" by Michael Pollan

2. In this book, Pollan presents a set of simple rules to help navigate the complexities of modern food and make healthier eating choices.

"The Blue Zones Kitchen: 100 Recipes to Live to 100" by Dan Buettner

3. This book explores the dietary habits of the world's longest-lived cultures and provides recipes that promote longevity and healthy living.

"The Plant-Based Solution: America's Healthy Heart Doc's Plan to Power Your Health" by Joel K. Kahn

4. Dr. Kahn shares his insights on the benefits of a plant-based diet for cardiovascular health and provides practical tips and recipes.

"Salt, Sugar, Fat: How the Food Giants Hooked Us" by Michael Moss

5. This book delves into the processed food industry and its impact on our health, shedding light on the addictive nature of certain food ingredients.

"The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-Term Health" by T. Colin Campbell and Thomas M. Campbell II

Based on a comprehensive study, this book presents evidence supporting the health benefits of a plant-based diet.

"Mindless Eating: Why We Eat More Than We Think" by Brian Wansink

6. Wansink explores the psychology behind our eating habits and provides practical strategies to make healthier choices and control portion sizes.

"Food: What the Heck Should I Eat?" by Mark Hyman

7. Dr. Hyman examines common myths and misconceptions about food, offering guidance on choosing the right foods for optimal health.

"Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and Diet Dictocrats" by Sally Fallon Morell and Mary G. Enig

8. This book explores traditional food preparation methods and promotes a return to whole, unprocessed foods.

"The Whole30: The 30-Day Guide to Total Health and Food Freedom" by Melissa Hartwig Urban and Dallas Hartwig

9. The Whole30 program offers a 30-day reset for your body through eliminating certain food groups and focusing on whole, unprocessed foods.

These books provide valuable insights and guidance for parents looking to make informed decisions about healthy eating for themselves and their families.