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Bord Oideachais agus Oiliúna
na Gaillimhe agus Ros Comáin
Galway and Roscommon
Education and Training Board

CUAN NA GAILLIMHE CNS

- A STEINER EDUCATION



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HEALTHY EATING POLICY

1 INTRODUCTION

When parents choose a Steiner education for their child, they are choosing a school with a particular ethos grounded in a holistic philosophy of education. Steiner education is based on the belief that food plays a pivotal role in our physical, mental and spiritual development and wellbeing. Cuan na Gaillimhe CNS - A Steiner Education, places importance on the value of sharing meals together, the enriching experience of appreciating where food comes from, sitting down to eat as a group, and communicating with each other over the same meal. It is believed that the centrality of nutritious food should remain a constant for the children in the School, and continue throughout their primary education. Therefore, families are encouraged to provide nutritious food for their child(ren) every day which is eaten together around a table with candles lit and blessings said before and after each meal. The infant classrooms receive soup and bread once a week. They make this themselves and then gather together to enjoy the meal they have made.

As part of the Social, Personal and Health Education (S.P.H.E.) Programme we encourage the children to become more aware of the need for healthy food in their lunch boxes. In addition, the Physical Education programme supports the physical development and fitness of the children. The Science curriculum also looks at the development of the body and deepens the children's understanding of how the body grows and develops.

2 AIMS OF THIS POLICY

- To promote the personal development and well-being of the child.
- To promote the health of the child and provide a foundation for healthy living in all its aspects.
- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.

Lunch is an important meal for school going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).

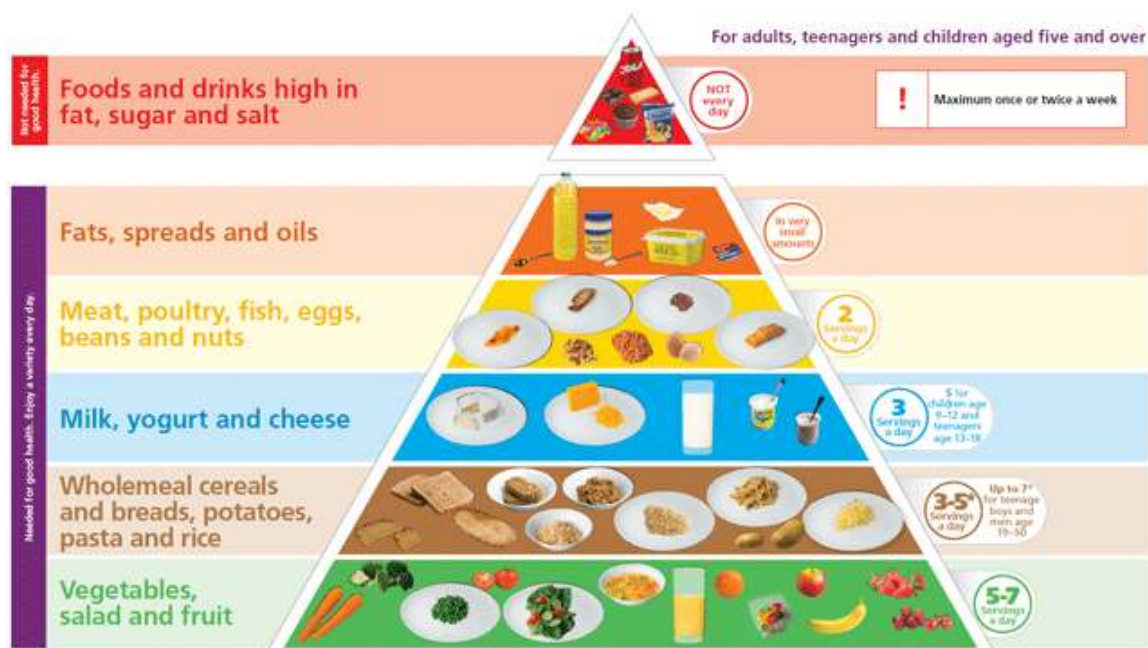
A suggested healthy lunch box includes a variety of foods from the bottom four layers of the food pyramid, see below. It is encouraged that the food provided to the children at the school be freshly prepared, healthy, balanced, and organic where possible. We encourage families to source locally produced food if they can. The ingredients used for the soup and bread at the school are organic (flours) and locally grown when possible (vegetables).

The following foods do not support a healthy lunch policy and should be excluded from your child's lunch box; crisps, chewing gum, sweets, bars including cereal bars, cakes, biscuits, lollipops, chocolate, chocolate spread, winders and crispie buns.

Healthy Snacks & Food Pyramid

Healthy snack options (Lower in sugar and fat)

The new Food Pyramid released has a bigger emphasis on fruit and veg intake.



Source: Latest food pyramid per www.safefood.eu

Foods from the top tier of the food pyramid should not be included in your child's lunchbox.

Healthy choices of drink include water and unsweetened natural juice. Children should be encouraged to use re-useable containers for safety and litter reasons. According to the HSE; “there are no recommendations for the amount of water or other fluids children need. However, like adults, to stay healthy it is important for children to replace the water they lose to prevent dehydration. It is also important to remember that children will lose more water in hotter climates and when they have been physically active.”

<http://www.hse.ie/eng/health/az/D/Dehydration/>

Children with Allergies and Special Diets


The special dietary needs of each child are observed. Children suffering from food allergies will be taken seriously and accommodated within the school food provision system. Parents of children with allergies or special diets are kindly asked to inform the school regarding the child’s allergies. This information will be passed on to other parents/guardians in their classroom.

Appendix 1 lists the 14 allergens we have up in our kitchen based on food legislation from the Food Safety Authority of Ireland

3 COMMUNICATION, MONITORING AND REVIEW

This policy will be communicated to staff and the school community as appropriate and will be subjected to regular review. In accordance with the systematic cycle of review of policies adopted in Cuan na Gaillimhe CNS, it will be reviewed initially after one year and then every two years, unless there is a compelling reason to review it earlier.

This policy was reviewed by the Parent Teacher Association and ratified by the Board of Management of Cuan na Gaillimhe CNS on the 08.06.2020

Signed: 
(Chairperson, Board of Management)

Date: 8th of June, 2020.

To be reviewed: June 2022

Below are the 14 allergens we have up in our Kitchen, Based on food legislation from the Food Safety Authority of Ireland

Food ingredients that must be declared as allergens in the EU

1. **Cereals containing gluten**, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof, except:
 - (a) wheat based glucose syrups including dextrose
 - (b) wheat based maltodextrins
 - (c) glucose syrups based on barley
 - (d) cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin
2. **Crustaceans** and products thereof
3. **Eggs** and products thereof
4. **Fish** and products thereof, except:
 - (a) fish gelatine used as carrier for vitamin or carotenoid preparations
 - (b) fish gelatine or Isinglass used as fining agent in beer and wine
5. **Peanuts** and products thereof
6. **Soybeans** and products thereof, except:
 - (a) fully refined soybean oil and fat
 - (b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, and natural D-alpha tocopherol succinate from soybean sources
 - (c) vegetable oils derived phytosterols and phytosterol esters from soybean sources
 - (d) plant stanol ester produced from vegetable oil sterols from soybean sources
7. **Milk** and products thereof (including lactose), except:
 - (a) whey used for making alcoholic distillates including ethyl alcohol of agricultural origin
 - (b) lactitol

8. **Nuts**, namely: almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecan nuts (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia ternifolia*), and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin

9. **Celery** and products thereof

10. **Mustard** and products thereof

11. **Sesame seeds** and products thereof

12. **Sulphur dioxide and sulphites** at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO₂ which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers

13. **Lupin** and products thereof

14. **Molluscs** and products thereof