

# Polasaithe Naíonra Céimeanna Beaga

## Polasaí 32: Polasaí Bia Sláintúil / Healthy Eating




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Validity and document management	<p>This document is valid from Jan 12 2025.</p> <p>The owner of this document is the Owner / Manager, who must check and, if necessary, update the document at least once a year.</p> <p>This policy was adopted by Naíonra Céimeanna Beaga on 1 Nov 2018.</p> <p>Signed by:</p>  <p>Príomh Stiúthóir on behalf of Naíonra Céimeanna Beaga</p>

## Policy Statement

At Naíonra Céimeanna Beaga, we recognize the importance of promoting healthy eating habits in a supportive and inclusive environment. Lunchtime is a special time that fosters **social interaction, healthy choices**, and respect for cultural and dietary needs.

This policy outlines our approach to healthy eating and ensures that all children have access to a safe and enjoyable mealtime experience.

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## Guidelines for Healthy Eating

### 1. Healthy Lunches

- We encourage children to bring a small, balanced lunch, such as:
  - **Fruits** (e.g., apple slices, berries) and **vegetables** (e.g., carrot sticks, cucumber).
  - **Sandwiches** or **crackers** with healthy fillings.
  - **Yogurt** (plain or low sugar).
  - Drinks should be **water, milk, or 100% fruit juice** (no added sugar).
- All food should be packed in a **reusable lunchbox**, clearly labeled with the child's name.

### 2. Prohibited Foods

- For safety and to encourage healthy habits, the following are **NOT ALLOWED**:
    - **Sweets**, chocolate, crisps, popcorn, fizzy drinks, or sugary treats.
    - **Nuts or nut-based products**, including peanut butter and Nutella, due to the risk of severe allergies.
  - 3. **Supervision and Inclusion**
    - Children are always supervised during mealtimes to ensure safety and encourage socialization.
    - Children with allergies or special dietary needs are carefully monitored, and specific requirements are respected.
    - Cultural and religious dietary habits are fully acknowledged. Parents are requested to share specific needs during enrollment.
  - 4. **Promoting Healthy Eating**
    - Healthy eating is promoted through **play-based activities, stories, music, and cookery** sessions.
    - Drinking water is always available throughout the day, and small healthy snacks may be provided.
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## Mealtime Practices

1. **Social Mealtime Environment**
  - **Lunchtimes are a shared experience:**
    - Whenever possible, children and staff eat together to foster positive social interactions.
    - Children are encouraged to engage in conversation during meals.
2. **Good Manners**
  - We encourage:
    - **Good table manners** (e.g., using “please” and “thank you”).
    - Children sitting down when eating or drinking to prevent accidents and encourage mindful eating.
3. **Respect for Individual Needs**
  - Children who eat more slowly are given adequate time to enjoy their meals without being rushed.
4. **Tidying Up**
  - Children are encouraged to help tidy up after snack or meal times, promoting independence and responsibility.

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## Parent/Guardian Responsibilities

- Ensure your child's lunch adheres to the guidelines outlined above.
- Clearly label your child's reusable lunchbox and any containers with their name.
- Notify the Naíonra of any **allergies, special dietary needs, or cultural/religious food practices** during the enrollment process.

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## Key Reminders

- **No Nuts Policy:** Due to the presence of children with severe allergies, **no nuts or nut-based products** are permitted in any lunches or snacks.
- **Reusable Containers:** To promote sustainability, we encourage the use of eco-friendly, reusable lunch bags and containers.

This policy aims to ensure that mealtimes are safe, enjoyable, and educational for all children, while instilling lifelong healthy eating habits.

### Signed:



Príomh Stiúrthóir

Naíonra Céimeanna Beaga