

Our Lady and St Patrick Primary School Bunscoil Mhuire agus Phádraig



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Signed off by : _____
Board of Governors

Healthy Break-Time Snack Policy

**Our Lady and St Patrick Primary School
Bunscoil Mhuire agus Phádraig**

Healthy Break-Time Snack Policy

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Healthy Break-time Snack Policy

Our Lady and St Patrick Primary School Bunscoil Mhuire agus Phádraig recognises the important role of health and nutrition in child development and the need to encourage eating habits from an early age, to help children reach their full potential.

Our Lady and St Patrick Primary School Bunscoil Mhuire agus Phádraig promotes the rights of children based on the United Nations Convention on the Rights of the Child. This policy therefore takes into account Article 3 which states: ***‘The best interests of the child must be a top priority in everything we do.’***

and article 24 which states: ***‘Every child has the right to the best possible health.’***

The Department of Education NI state that ***“Parents, and those with parental responsibility, are the primary influencers of, and have ultimate responsibility for, the eating habits of their children.”*** In Our Lady and St Patrick Primary School Bunscoil Mhuire agus Phádraig, we encourage healthy eating as part of a healthy lifestyle, which children will follow, now and into the future.

Our policy states that:

- Mid-morning breaks/ Sneaic/Am Sosa will consist of fresh fruit/vegetables, healthy carbohydrates and/or healthy dairy products. Classes in main school Foundation Stage and Key Stage 1 provide the option of healthy break time snacks. While Rang 1/2 in the IMU also provide the option of healthy break time snacks, other classes in IMU presently have children with food allergies and do not provide this option.
- Parents/guardians of children who bring their own healthy snacks to school must ensure that the food sent into school complies with this policy. Children are only permitted to bring fresh fruit/vegetables, healthy carbohydrates and/or healthy dairy products to eat during mid-morning snack/ Sneaic/Am Sosa.
- Milk or still water are the only drinks permitted during mid-morning break. Our Lady and St Patrick Primary

School Bunscoil Mhuire agus Phádraig will ensure that pupils have easy access at all times to free, fresh drinking water from the classroom taps. Parents should send in a clean, labelled water bottle each day with their child so that they can refill it throughout the day.

- Sweets and flavoured fizzy drinks are not permitted during mid-morning break/Sneaic/Am Sosa or throughout the day.
- Parents/guardians should only send snacks and drinks with their children that comply with those listed above.
- Special dietary needs are respected. Parents/guardians are asked to provide a copy of the diet sheet provided by a State registered Dietician if this applies to their child/children.
- Religious beliefs and observations regarding food will be accommodated in school to the best of our ability. Parents/guardians should request a meeting with the school to discuss and agree such matters.
- Through class topics, dental nurse visits, Dairy Council visits etc. children are encouraged to make healthy food choices. We encourage parents/guardians of children taking packed lunches to provide healthy food for their children, with treats being kept to a minimum.
- Our Lady and St Patrick Primary School Bunscoil Mhuire agus Phádraig will ensure that effective links are made between teaching on nutrition and health matters and teaching in relation to physical education. Children will be educated through topic based work on these areas alongside opportunities being provided for pupils to take part in sports and physical activity in school and during extra-curricular activities.
- Our Lady and St Patrick Primary School Bunscoil Mhuire agus Phádraig is a nut-free school and **no nuts or products containing nuts (e.g. chocolate spread, kinder bueno products) are permitted in school.**
- Mid-morning snack/Sneaic/Am Sosa is not a meal and portion sizes provided to children who avail of the snack provision in school will reflect this. Parents/guardians sending snack in should also ensure that portion sizes are appropriate as a *snack* for this time.

Appendix 1 and Appendix 2 contain a helpful guide for parents that aims to support packing healthy foods in a healthy lunchbox for your child. While this guide focuses primarily on lunch, many sections, including the sections on fruits/vegetables and providing a balanced diet, are helpful for break-time snacks too.

We value the support of everyone involved in helping us to carry out this important school policy.

Are you packing a healthy lunch?



**school
food**

Getting the balance right

A packed lunch can make a valuable contribution to your child's diet and future health. It is important to include a balanced variety of foods so that your child can get all the nutrients they need.

Recent surveys looking at children's lunchboxes found that they were too high in fat (especially saturated fat), salt and sugar, and just under half of lunchboxes contained no fruit. This leaflet provides practical tips for you and your child on how to prepare a healthier lunchbox.

The Eatwell Guide opposite shows the different types of food we eat and the proportions we should aim for to achieve a healthy balanced diet.

Foods and drinks high in fat, salt or sugar are not needed in the lunchbox. If included, have less often and in small amounts. Remember to cut down all fats and choose lower fat spreads, cheese and leaner meats in your sandwiches. The table below shows the main contributors.

	Fat	Salt	Sugar
Butter/spreads	✓		
Crisps	✓	✓	
Cheese	✓		
Biscuits	✓		✓
Chocolate bars	✓		✓
Processed meats, eg ham		✓	
Fizzy drinks			✓
Ready to drink juice drinks			✓

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains					
Energy	Fat	Saturated	Sugars	Salt	
1046kJ 250kcal	3.0g	1.3g	34g	0.9g	
13%	LOW	LOW	HIGH	MED	15%

Typical values (as sold) per 100g: 897kJ/ 167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Dairy and alternatives
Choose lower fat and lower sugar options



Oil & spreads
Choose unsaturated oils and use in small amounts



Water, lower fat milk, sugar-free drinks including tea and coffee all count
Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Tired of packing the same old lunch?

Try these ideas to add variety

- Use different types of bread, such as pitta bread, bagels, wholemeal rolls, wraps or crusty rolls.
- Cook extra pasta or couscous in the evening and include it as an alternative to bread.
- Theme your lunchbox on a different country, eg Italy – add a pizza slice, Mexico – fill flour tortillas.
- Home-made soup (in a thermos flask) is great for cold days, while raw vegetables and salads are light and refreshing for warmer weather. Both are packed with essential vitamins and minerals.
- Get your child excited about packed lunches. Let them help choose their lunch. Pick a colourful lunchbox or let them decorate one with stickers.

Children often need to see and taste new foods several times before they accept them, so try out new ideas at teatime or the weekend before including them in a lunchbox.



What to pack in a healthy lunchbox

Potatoes, bread, rice, pasta and other starchy carbohydrates



Starchy foods will help your child feel satisfied, as well as being a good source of energy and B vitamins. Choose wholegrain or higher fibre versions with less added fat, salt and sugar. Why not try some of these suggestions?

- 2 slices of bread
- 2 small bread rolls
- 1 tortilla wrap
- 1 or 2 mini pitta breads
- 1 scone or currant bun
- 1 bagel
- ½ a soda or wheaten farl
- 2 tablespoons of cooked rice, pasta or couscous
- a slice of deep pan pizza - choose one with a vegetable or fruit topping, such as pineapple, sweetcorn or peppers

Did you know?

If your child doesn't like wholegrain bread, try the new breads made with half white and half wholemeal flour to boost their fibre intake.



Fruit and vegetables



Help your child get their five a day by putting two portions of fruit and vegetables in their lunchbox (ideally one fruit and one vegetable). A portion could be:

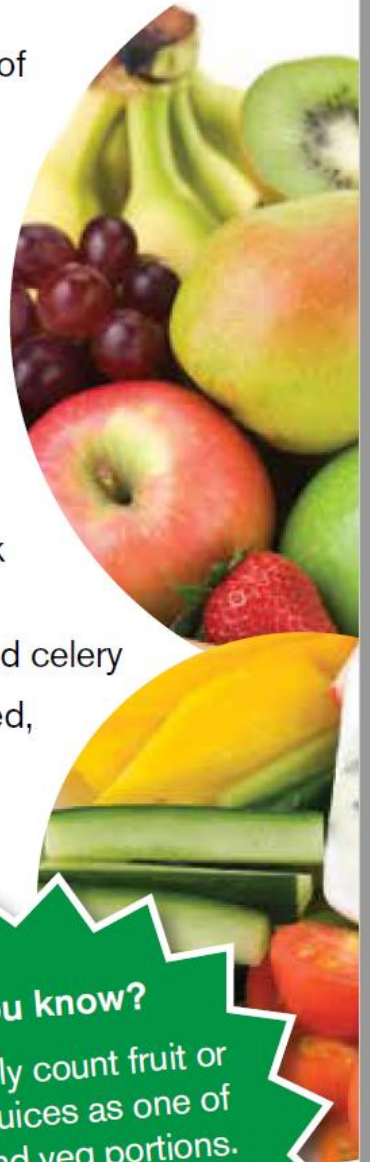
- 1 medium sized piece of fruit, eg apple, orange, banana, pear
- 2 small fruits, eg kiwi fruits, satsumas, plums
- 1 cup of grapes, cherries or berries
- 1 large slice of pineapple or melon
- 1 heaped tablespoon of dried fruit, eg raisins, or 3 dried apricots (this should be part of lunch rather than a snack because of its high natural sugar content)
- 1 cereal bowl of salad, eg lettuce, tomatoes, cucumber and celery
- 3 heaped tablespoons of fresh or frozen veg, eg chopped, sliced or grated carrots, peppers, or sweetcorn
- 150ml of pure unsweetened fruit juice or fruit smoothie
- 3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice) or stewed fruit.

For younger children (4–6 years), reduce these portion sizes by about half, then increase the amount as they grow. Older primary school children should be eating full portions. To reduce the risk of choking in young children under the age of five years, smaller fruits and vegetables like grapes and cherry tomatoes should be halved by cutting lengthways.

Visit www.nhs.uk/Livewell/5ADAY/Pages/5ADAYhome.aspx for more information.

Did you know?

You can only count fruit or vegetable juices as one of your fruit and veg portions. Remember fruit juice and/or smoothies should be limited to no more than 150ml per day in total.



LunchBOX

Lunchbox 1

Bagel with tuna,
sweetcorn and
low fat mayo

Water

Fresh fruit
chopped into
yogurt



Lunchbox 2

Soda bread pizza with
tomato and cheese

Vegetable sticks with
hummus

Fruit smoothie

Lunchbox 3

Roast beef, lettuce,
tomato roll

Fruit salad

Yogurt

Water



Lunchbox 4

Rice salad with salmon and
vegetables

Milk

Handful
of raisins

Kiwi fruit



Lunchbox 5

Crackers and cheese

Slice of plain cake

Cherry tomatoes

Carton of unsweetened fruit juice

PLANNER

Lunchbox 6

Ham salad pitta
bread

Banana

Yogurt

Water



Lunchbox 7

Chicken, lettuce,
tomato, onion and low fat
mayo wrap

Water

Pot of custard and grapes



Lunchbox 8

Egg and onion sandwich

Fruit pot
Milk

Carrot sticks



Lunchbox 9

Vegetable soup and
wheaten bread

Apple

Milk

Lunchbox 10

Ham and vegetable
pasta

Grapes

Yogurt

Fruit smoothie



For more ideas, check out:

www.nidirect.gov.uk/lunchboxes

www.safefood.eu

www.pha.site/healthy-eating



Remove this middle section from the staples and display as a reminder for lunchbox ideas

Dairy and alternatives



Make sure your child is getting enough calcium by putting one of these in their lunchbox:

- a container/mini-carton of milk (200ml)
- a pot of yogurt, custard or rice pudding
- a matchbox-sized piece of cheese such as cheddar, edam or gouda varieties
- 2 triangles of spreadable cheese

Children over two years of age can have lower fat dairy products if they are eating well. Milk can be plain or flavoured. Flavoured milks are a good source of calcium but have more added sugar than plain milk. Compare brands by checking the nutrition labels, and only offer these at mealtimes.

Did you know?

Lower fat milk, cheese and yogurt still has the same amount of calcium as full fat versions, which supports growing bones and teeth.





Beans, pulses, fish, eggs, meat and other proteins



Protein is important to help your child grow, so include one of the following in your child's lunchbox:

- 2 slices of cooked meat
- 2 slices of chicken or turkey breast
- 1–2 eggs (hard-boiled, sliced or mashed)
- half a small can of tuna, salmon, mackerel or sardines
- 2 tablespoons of chickpea spread, eg hummus – try it as a dip with carrots/celery

Try to include a portion of fish at least once a week. Remember to remove any bones and choose tinned fish in spring water rather than in brine or oil.

Did you know?

Sliced processed meats are higher in salt than meat you have cooked yourself. Why not use leftovers from dinner the night before?

Nuts and other food allergies

Nuts and nut products are suitable for most people; however, a child who has a nut allergy can be affected even if there are nuts in someone else's lunchbox. Many schools have a 'no nuts' policy but there may also be children in the school with allergies to other foods. Your school will be able to provide advice on what foods should be avoided.



You can find out more about food allergies at www.safefood.eu/Food-Safety/Food-Allergies/Individual-food-allergies.aspx

Healthier treats

Many schools are now developing healthy eating policies and are encouraging children and parents not to bring sweets, chocolate, crisps and fizzy drinks for break or lunch. Below is a list of healthier options that can be provided in your children's lunchbox as a treat.



- Fruit loaf
- Mini fruit muffin
- A plain bun or slice of cake
- A slice of carrot cake or banana bread
- Sugar-free jelly pots or fruit jelly
- Yogurts or pots of custard or rice pudding

Remember

Healthier treats may still contain sugar, so these should only be eaten at mealtimes when they are less damaging to teeth.

Thirst quenchers

It is important that children drink enough during the day, so that they don't become dehydrated and tired. Drinks should always be included for break time and lunch. Water and milk are the most suitable drinks for children. Regularly drinking fizzy drinks, squashes (even the sugar-free ones) and fruit juices can erode the surface of the teeth.

Did you know?

If you put fruit juice in your child's lunchbox, give them a straw, as drinking through a straw can help prevent dental erosion.

Top tips

Help keep lunches cool and safe by following these tips.

- Sandwiches containing meat or other foods that need to be refrigerated should be kept as cold as possible until lunch.
- Use an insulated box or bag to help keep lunches cool. Put in a small ice pack or alternatively include a frozen fruit juice carton or bottle of water (fill one third full, freeze and then top up with water). You can even freeze yogurt – this works especially well with tubes and pouches.
- To keep the cold air in, minimise the number of times your child needs to open the lunchbox. Pack things that don't need to be kept cold separately.
- It's important lunches are not kept in a warm place, such as near radiators or in direct sunlight – ask your child's teacher if there's a suitable place for lunches to be stored.
- Pop in a piece of kitchen roll for wiping sticky fingers or mopping up spills.
- Always remember to wash your hands before preparing food and remind your child to wash theirs before eating.



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Find us on:



An bhfuil tú ag pacáil lón sláintiúil?



An chothromaíocht cheart a aimsiú

Is féidir le lón pacáilte a bheith ina chabhair mhór maidir le réim bia do pháiste agus a s(h)láinte sa todhchaí. Tá sé tábhachtach go n-áirítear éagsúlacht chothrom leis le go bhféadfaidh do pháiste gach cothaitheach riachtanach a fháil.

Léiríonn suirbhéanna le déanaí ar bhoscaí lóin pháistí go raibh an iomarca saille (go hairithe saill sháithithe), salainn agus siúcra iontu, agus nach raibh aon torthaí i ndíreach faoi bhun a leath de na boscaí lóin. Tugann an bhileog seo leideanna praiticiúla duitse agus do do pháiste ar an dóigh le bosca lóin níos sláintiúla a ullmhú.

Léiríonn an Treoir Dhea-chothaithe ar an leathanach taobh leis seo na cineálacha éagsúla bia a ithimid agus na codanna ar chóir dúinn díriú orthu le haiste bia atá sláintiúil agus cothrom a bhaint amach.

Ní gá bianna ná deochanna a bhfuil cuid mhór saille, sallain nó siúcra iontu a chur sa bhosca lóin. Más amhlaidh go gcuirtear isteach iad, déan níos annaimhe é agus cuir méideanna beaga isteach. Cuimhnigh gach saill a ghearradh siar agus roghnaigh leatháin agus cáis a bhfuil níos lú saille iontu, agus feolta níos trua i do cheapairí. Léiríonn an tábla thíos na príomhchúiseanna.

	Saill	Salann	Siúcra
Im/leatháin	✓		
Brioscáin phrátaí	✓	✓	
Cáis	✓		
Brioscaí	✓		✓
Barraí seacláide	✓		✓
Feolta próiseáilte, m.sh. liamhás		✓	
Deochanna shúilíneacha			✓
Deochanna súite réidh le hól			✓

An bhfuil tú braon de bheith ag pacáil an tseanlón céanna? Bain triail as na moltaí seo chun éagsúlacht a sholáthar

- Bain úsáid as cineálacha éagsúla aráin, amhail arán piota, béigeal, rollóga caiscín, fillteoga nó rollóga crústa.
- Déan pasta nó cúscús sa bhreis a chócaráil san oíche agus cuir isteach é mar mhalairt de rogha ar arán.
- Bíodh téama tíre ar leith agat don bhosca lóin, m.sh. an Iodáil – cuir isteach slisín píotsa Meicsiceo – lóin toirtílí plúir.
- Tá anraith baile (i dteirmeas) ar fheabhas ar laethanta fuara, agus tá amhghlasraí agus sailéad éadrom agus fionnuar in aimsir the. Tá an dá cheann acu lán de vitimíní agus mianraí riachtanacha.
- Spreag do pháiste a bheith tógtha faoi lóin phacáilte. Lig dóibh a lóin a roghnú. Roghnaigh bosca lóin atá dathúil, nó lig dóibh ceann a mhaisiú le greamáin.

Is gá go minic do pháistí bianna nua a fheiceáil agus a bhlaiseadh arís is arís eile sula nglacann siad leo, mar sin de bain triail as rudaí nua ag am tae nó ag an deireadh seachtaine sula gcuireann tú sa bhosca lóin iad.



Cad é ba chóir a chur i mbosca lóin sláintiúil?

Prátaí, arán, rís, pasta agus carbaihiodráití stáirsiúla eile



Sásóidh bianna stáirsiúla do pháiste, agus is foinse mhaith fhuinnimh agus vitimíní B iad chomh maith. Roghnaigh slánghráin nó cineálacha difriúla a bhfuil níos mó snáithín iontu agus níos lú saille, salainn agus siúcra. Cad faoi thriail a bhaint as cuid de na moltaí seo?

- 2 shlisín aráin
- 2 rollóg bheaga aráin
- 1 fhillteog thoirtíl
- 1 nó 2 mhionarán piota
- 1 scóna nó bhorróg chuiríní
- 1 bhéigeal
- ½ farla sóide nó cruithneachta
- 2 spunóg de rís chócaráilte, de phasta nó de chúscúis
- slisín de phíotsa domhain roghnaigh ceann a bhfuil barrán glasraí air nó barrán torthaí, amhail anann, arbhar milis nó piobair

An raibh a fhios agat?

Más amhlaidh nach dtaitníonn arán slánghráin le do pháiste, bain triail as na haráin nua a dhéantar a leath as plúr bán agus an leath eile as plúr caiscín, chun a n-iontógáil snáithnín a neartú.



Torthaí agus glasraí



Cuir dhá sciar thorthaí agus ghlasraí ina b(h)osca lóin le cuidiú a thabhairt do do pháiste a c(h)úig sciar sa lá a fháil (go hídéalach thoradh amháin acu agus glasra amháin). D'fhéadfadh sciar mar seo a leanas a bheith ann:

- píosa meánmhéide thoraidh, m.sh. úll, oráiste, banana, piorra
- 2 thoradh bheaga, m.sh. cíobhaíonna, satsúmaí, plumaí
- 1 chupán caora fíniúna, silíní nó caora
- 1 slisín mór anainn, nó mealbhacáin
- 1 spunóg chruachta thorthaí triomaithe, m.sh. rísíní, nó aibreoga (ba chóir gur chuid den lóin seachas greim gasta a bheith i gceist sa chás seo ó tharla go bhfuil méid ard de shiúcra nádúrtha ann)
- 1 bhabhla gránaigh amháin shailéid, m.sh. leitís, trátaí, cúcumar agus soilire
- 3 spunóg chruachta de ghlasraí úra nó reoite, m.sh. cairéid, piobair nó arbhar milis slisnithe nó gratáilte.
- caoineog ina bhfuil 150ml de shú torthaí nó de thorthaí gan siúcra
- 3 spunóg de shailéad torthaí (úr nó stánaithe i sú torthaí) nó torthaí stofa.

I gcás páistí níos óige (4-6 bliana), ísligh na sciartha seo faoina leath, agus ina dhiaidh sin méadaigh an méid de réir mar a fhásann siad aníos. Ba chóir go n-íosfadh páistí scoile níos sine sciartha iomlána. Chun an riosca go dtachtfaí leanaí óga faoi chúig bliana d'aois a laghdú, ba cheart torthaí agus glasraí beaga ar nós fíonchaora agus trátaí silíní a ghearradh ina ndá leath ar fad.

Tabhair cuairt ar www.nhs.uk/Livewell/5ADAY/Pages/5ADAYhome.aspx le tuilleadh eolais a fháil.

An raibh
a fhios agat?

Ní féidir súnna torthaí
nó glasraí a chur san áireamh
ach mar cheann amháin de do
sciartha torthaí agus glasraí.
Cuimhnigh gur chóir teorainn a
chur ar shú thoraidh agus/nó
ar chaoineoga ag uasmhéid de
150ml in aghaidh an lae.



Lunch BOX

Bosca lóin 1

Béigeal le tuinnin,
arbhar milis agus
maonáis éadrom

Uisce

Torthaí nua
mionghearrtha in
iógart



Bosca lóin 2

Pitseog déanta d'arán sóide,
tráta agus cáis

Bataí glasraí le humas

Caoineog torthaí

Bosca lóin 3

Rollóg le mairteoil
rósta, leitis agus tráta

Sailéad torthaí

Iógart

Uisce



Bosca lóin 4

Sailéad ríse le bradán agus
glasraí

Bainne

Lán glaice
rísíní

Cíobhaí



Bosca lóin 5

Craicir agus cáis

Slisín cáca simplí

Trátaí silín

Cartán sú torthaí gan siúcra

PLANNER

Bosca Lóin 6

Arán piota
sailéad liomháis

Banana

Iógart

Uisce



Bosca Lóin 7

Fillteog le sícín, leiftís,
tráta, oinniún agus
maonáis éadrom

Uisce

Pota custaird agus caora
fínlúna



Bosca lóin 8

Ceapaire ubh agus oinniúin

Bataí cairéid

Pota torthaí
Bainne

Bosca Lóin 9

Anraith glasraí agus
arán cruithneachta

Úll

Bainne

Bosca lóin 10

Pasta 1 liamháis agus

Caora fíniúna

Iógart

Caineog torthaí



Le tuilleadh moltaí a fháil féach:

www.nidirect.gov.uk/lunchboxes

www.safefood.eu

www.pha.site/healthy-eating



Remove this middle section from the staples and display as a reminder for lunchbox ideas

Táirgí déiríochta agus roghanna eile



Bíodh rogha amháin de na roghanna seo a leanas i mbosca lóin do pháiste lena chinntiú go bhfaighidh siad go leor calciam:

- gabhdán/mionchartán bainne (200ml)
- pota iógairt, custaird nó maróg ríse
- píosa cáise ar aon mhéid le bosca cipíní, leithéidí céadair, edam nó gouda
- 2 thriantán de cháis inleata

Is féidir táirgí déiríochta a bhfuil níos lú saille iontu a thabhairt do pháistí thar 2 bhliain d'aois, má tá siad ag ithe go maith. Is féidir gnáth bhainne nó bainne blaistithe a thabhairt dóibh. Is foinse mhaith cailciam é an bainne blaistithe ach is mó siúcra sa bhreis a bhíonn ann ná i ngnáthbhainne. Amharc ar na lipéid chothaithe le comparáid a dhéanamh idir na brandaí éagsúla, agus ná hofráil iad ach ag am béile.



An raibh a fhios agat?

Tá an méid céanna cailciam i mbainne, cáis agus iógart a bhfuil níos lú saille iontu is atá ina macasamhlacha lánsaille, rud a chuidíonn le cnámha agus fiacla atá ag fás.



Pónairí, piseánaigh, uibheacha, feoil agus próitéiní eile



Cuidíonn próitéin go mór le fás do pháiste, mar sin bíodh rogha de na roghanna seo a leanas i mbosca lóin do pháiste:

- 2 shlisín d'fheoil chócaráilte
- 2 shlisín de bhrollach sicín nó turcaí
- 2 ubh (iad cruabhruite, gearrtha ina slisíní nó brúite)
- an leathchuid de channa beag tuinnín, bradáin, maicréil nó sairdíní
- 2 spunóg de leathán sicphiseánaigh, leathán, m.sh. humas – bain triail as mar dhipín le cairéid/soilire

Déan iarracht sciar éisc a chur isteach uair sa tseachtain ar a laghad. Cuimhnigh ar aon chnámha a bhaint amach agus roghnaigh iasc atá stánaithe i bhfíoruisce seachas i saile nó in ola.

An raibh a fhios agat?

Is mó salainn atá i bhfeoil shlisnithe phróiseáilte ná mar atá i bhfeoil atá cócaráilte agat féin. Cén fáth nach mbainfeá úsáid as fuilleach feola ó dhinnéar na hoíche roimhe?

Cnónna agus ailléirgí bia eile

Tá cnónna agus táirgí cnónna fóirsteanach d'fhormhór na ndaoine; mar sin féin, is féidir go gcuirfear isteach ar pháiste a bhfuil ailléirge cnónna air/uirthi fiú má tá cnónna i mbosca lóin páiste éigin eile. Is iomaí scoil nach gceadaíonn cnónna ach is féidir fosta go mbeidh páistí sa scoil a bhfuil ailléirgí orthu le bianna eile. Beidh do scoilse ábalta comhairle a chur ar fáil faoi na bianna is cóir a sheachaint.



Tá níos mó eolais faoi ailléirgí bia ar fáil ag www.safefood.eu/Food-Safety/Food-Allergies/Individual-food-allergies.aspx

Cineálacha níos sláintiúla

Tá a lán scoileanna ag forbairt polasaithe bia sláintiúil agus ag iarraidh ar pháistí agus ar thuismitheoirí gan milseáin, seacláid, brioscáin phrátaí ná deochanna súilíneacha a thabhairt don sos ná don lón. Thíos tá liosta de roghanna sláintiúla is féidir a chur isteach sa bhosca lóin mar rud beag deas do do pháiste:



- Builín torthaí
- Mionbhocaire torthaí
- Gnáthbhonnóg nó slisín de ghnáthchiste
- Slisín de chiste cairéid nó d'arán banana
- Pota glóthaí saor ó shiúcra nó glóthach thorthaí
- Lógairt nó potaí custaird nó maróg ríse

Cuimhnigh

Fós féin is féidir go mbeidh siúcra i gcineálacha níos sláintiúla agus is cóir mar sin iad a ithe ag am béile nuair is lú an dochar a dhéanfaidh siad do na fiacla.

Deochanna chun tarta a mhúchadh

Tá sé tábhachtach go n-ólfadh páistí go leor i rith an lae le nach n-éireodh siad díhiodráitithe agus tuirseach. Ba chóir deochanna a bheith acu d'amanna sosa agus lóin i gcónaí. Uisce agus bainne na deochanna is fóirsteanaí do pháistí. Má óltar deochanna súilíneacha, scuaiseanna (fiú na cinn gan siúcra) agus sú torthaí go rialta, is baol go gcreimfear dromchla na bhfiacra.

An raibh
a fhios agat?

Má chuireann tú sú
torthaí isteach i mbosca
lóin do pháiste, cuir sífín
leis nó cuidíonn deoch a
ól trí shífin le creimeadh
fiacra a sheachaint.

Sár-leideanna

Déan na leideanna seo a leanúint chun lónta a choinneáil fionnuar sábháilte.

- Ba cheart ceapairí ina bhfuil feoil nó bianna eile is cóir a bheith sa chuisneoir a choinneáil chomh fuar agus is féidir go dtí am lóin.
- Bain úsáid as mála nó bosca inslithe le lónta a choinneáil fionnuar. Cuir isteach páca beag oighir nó de rogha air sin, cuir isteach cartán sú torthaí nó buidéal uisce (lón an tríú cuid den bhuidéal le huisce, reoigh é agus ansin lón an buidéal go barr le huisce). Is féidir iógart féin a reo - go háirithe i dtiúba agus i bpúitsí.
- Leis an aer fuar a choinneáil istigh, déan iarracht an méid amanna a bheidh ar do pháiste an bosca lóin a oscailt a choinneáil chomh híseal agus is féidir. Pacáil rudaí nach gá a choinneáil fuar astu féin.
- Tá sé tábhachtach gan na lónta a bheith in áit the, in aice le radaitheoir, mar shampla, nó in áit a mbeidh an ghrian ag soilsiú orthu - cuir ceist ar an mhúinteoir an bhfuil áit oiriúnach ann leis na lónta a choinneáil.
- Cuir isteach píosa rolla cistine le lámha smeartha nó doirteadh a ghlanadh.
- Cuimhnigh i gcónaí ar na lámha a ní sula ndéanfaidh tú bia a ullmhú cuir i gcuimhne do do pháiste na lámha a ní roimh ithe.



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