



## Healthy Eating Policy

Eating habits are established at a young age and have a significant effect on a person's health in later life.

Scoil Mhuire N.S. operates a healthy eating policy to promote life-long education on healthy eating for mind and body.

This Policy is also associated with Children First – National Guidelines for the Protection and Welfare of Children 2011.

### **Aims/Objectives**

- To help children improve concentration, learning and energy levels
- To support parents and children to make healthy enjoyable decisions around food
- To develop nutritional awareness
- To support the school's environmental policy – reusable containers, minimise wrappers

### **Guidelines:**

- A healthy lunchbox includes a piece of food from the first four shelves of the food pyramid.
- Some of the healthy snacks that we encourage for the small break include popcorn, fruit, flapjacks, yogurt, fromage frais, cheese and crackers.
- Try to include a variety of different foods in your child's lunch box
- Cans and glasses are not permitted for safety and litter reasons. Healthier choices of drinks include water, milk and unsweetened juice.
- Foods which have wrappers are to be kept to a minimum and disposed of properly to reduce litter and protect our school environment.
- Crisps, fizzy drinks, sweets, chewing gum and chocolate bars are not allowed
- Foods with poor nutritional value should be avoided as they are usually high in sugar and fat

**We appreciate your cooperation in implementing this healthy eating policy in our school.**

**Review Procedure**

The policy will be reviewed regularly in the light of experience. It will be reviewed by the full staff and Board of Management every two years. Any staff member, board member, parent, guardian or student who is unhappy with the content or the implementation of any school policy may request a review at any time and such a request will be dealt with as quickly as possible. Next review of this policy will occur before or during the school year 2016/17.

Ratified 14<sup>th</sup> January 2015

Signed:

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Mr Michael Collins  
Chairperson B.O.M.