



HEALTHY EATING POLICY

INTRODUCTORY STATEMENT

This healthy eating policy was updated in spring 2015 in consultation with representatives from the Parents Association

RATIONALE

It was decided to focus on this area due to the rise in obesity among children. It was felt that a policy was necessary to enable students to increase control over and to improve their health.

The healthy eating programme will relate to S.P.H.E.

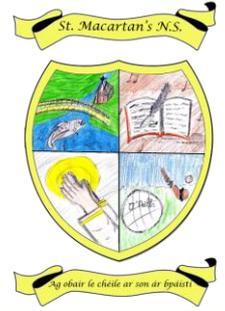
- Strand Unit: Taking care of my body. Food and Nutrition Infants - 6th Class.
- Making choices.
- Science.
- Strand Living Things: Strand Unit: Myself.
- Human life processes (Junior Infants - 6th class)

AIMS:

- To increase awareness among parents and children of the importance of a healthy breakfast.
- To heighten an awareness of the importance of a balanced diet.
- To encourage the children to make wise choices about food and nutrition.
- To raise levels of concentration within class due to consumption of healthy food.
- To encourage pupils to be aware, alert and responsive to litter problems caused by junk food, prepared food, etc.

CONTENT:

- **Roles and responsibility**
- **List of appropriate foods for lunch**
- **List of foods not permitted in school**



ROLES AND RESPONSIBILITY:

Every year a healthy eating week will be organised by the teacher with responsibility for S.P.H.E. in the school. Outside personnel eg. Nutritionists, dietician may be invited. Parents may be invited to talks, cookery demonstrations, etc.

Teachers and parents should:

- Remind children about the importance of a healthy breakfast (Examples of a healthy breakfast-porridge, Weetabix, non-sugary cereals, toast fruit, eggs, beans)
- Encourage children to eat all of their lunch-uneaten food will be sent home to allow parents monitor their child's eating habits.
- Encourage children to bring home non-recyclable waste
- Encourage children to use re-usable bottles for drink, preferably with sports caps.
- Remind children that swapping lunches is not allowed.
- Generally give good example by their healthy eating habits.

Teachers should return home any food from the "Foods/Drinks not permitted" list. Teachers may on special occasions allow/give a sweet treat.

Appropriate Lunches

Food

Brown/ White Bread, Sandwiches, Wraps, Pitta Bread, Scones, Bagels, Crackers/Crisp Breads, Pancakes, Yogurt/Fromage Frais (But not with chocolate/sweet corners), Fresh fruit, Dried fruit, Chopped Vegetables, rice cakes (not chocolate), cheese portions/dunkers/dippers, pasta (plain or with healthy mix), noodles.

Sandwiches wraps etc to have healthy fillings eg ham, cheese, tuna, tomatoes, chicken, egg, banana, salad

Drinks

Water, Milk, Unsweetened pure fruit juice, sugar free squash.

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Website: www.stmacartans.ie



Foods/Drinks not permitted

- X** Chewing Gum
- X** All croissants/biscuits/cakes/buns/muffins
- X** Chocolate/sweets
- X** Yogurt with sweet mix (eg Crunch Corner with chocolate balls)
- X** Nuts/ Nutella/Peanut Butter (risk of choking/allergy)
- X** Crisps
- X** Popcorn
- X** Cereal bars/Milk slices/ belvita etc (High in sugar)
- X** Fizzy drinks/Energy Drinks/Yogurt Drinks/Glucose Drinks (Unless required medically)
- X** Fruit Winders

TIMEFRAME FOR IMPLEMENTATION:

Policy will be fully implemented from 1st September 2015.

REVIEW:

Policy will be reviewed in 2018.

RESPONSIBILITY FOR REVIEW:

Staff, pupils, parents, post holders and Board of Management.

PUBLICATION AND RATIFICATION:

This will be published on the school website, and all parents will be given a copy of key food lists. Parents are asked to sign to say they have read the policy and agree to be bound by it.

Ratified by Board of Management on 15th June 2015

Signed _____