

## Healty Eating Policy

In response to concerns from Parents, the Parents Association, Teachers and from the wider body of medical research it was decided to review and re-introduce a Health Eating Policy in S.N. Fhionnghlaise

Aims: By introducing this policy we would hope to:

1. Heighten an awareness of the importance of a balanced diet.
2. Encourage the children to make wise choices about food and nutrition.
3. Raise levels of concentration within class due to consumption of healthy food.
4. encourage pupils to be aware, alert and responsive to litter problems caused by junk food, pre-prepared food, juice cartons etc.

What is a healthy lunch and what food/drink are encouraged?

- Sandwiches – salad, fish, jam, meat, cheese.
- Plain biscuits, crackers, rice cakes, plain cake or bun.
- Fruit , sultanas
- Raw fruit eg. Carrot sticks.
- Yogurts, yogurt drinks (these tend to be messy in Junior classes)
- Health cereal bars (Low sugar)
- Plain water, milk diluted fruit drinks, orange drinks.

What food/drink are not encouraged?

Chocolate bars, sweets, crisps, lollipops, chewing gum. Fizzy drinks-in cans and in glass bottles. Peanuts, all corn snacks and popcorn.

Exceptions:

- On Fridays each child will be allowed 1 or 2 treats – Friday will be “treat day”.
- On school trips a child will be allowed 1 or 2 treats.
- On occasions a teacher may give a child a treat but this would normally be on a Friday.

What if a child brings discouraged food/drink to school?

1. The child will be told to bring it home.
2. If it re-occurs the food will be taken away from them.
3. If the child has no other food to eat the school will give the child a plain lunch of crackers, cheese and fruit.
4. if the child persists in bringing unhealthy food to school the parent will be invited to discuss this with the Principal.

Children are asked to have their own lunch boxes and to take home their rubbish. We would also encourage them to re-use drink bottles and re-use tin-foil.