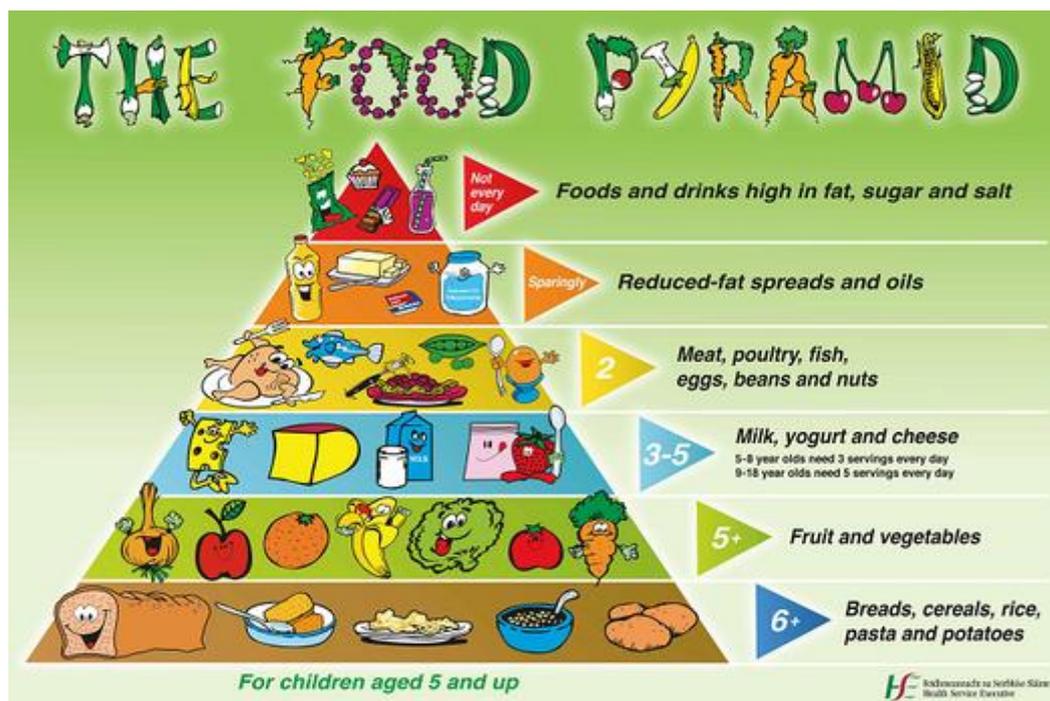


HEALTHY EATING POLICY

Scoil Mhuire's Healthy Eating Policy has been developed in conjunction with The Health Service Executive and The Irish Heart Foundation.

Through these guidelines Scoil Mhuire aims to help the whole school community in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.



1. We recognise that the majority of students bring healthy lunches to school and encourage lunchboxes which includes a helping of food from the bottom four shelves of the food pyramid.
2. Each class has a designated classroom in which to eat lunch. Students should aim to sit and enjoy their lunch and not to eat in the corridors or on the move. A cleaning rota is used to ensure rooms are properly cleaned and ready for lessons at the end of break/lunch. Use of the rooms is dependent on this cleaning being carried out properly.
3. Some of the healthy snacks that we encourage for the morning break include; fresh fruit, vegetables, cheese, natural/fruit yoghurts (non-dessert yoghurts), popcorn, wholemeal bread, rice cakes and crackers.
4. Processed cheese, chocolate spreads, chocolate/cheese dips, dessert type yoghurts, fizzy drinks and chewy /sticky bars or sweets are not advisable at any time.
5. Chewing gum is banned in the school.
6. Unsalted nuts are a convenient and good source of nutrition. Some areas of the school are designated 'nut free' due to the presence of individuals with nut allergies.
7. Foods which have wrappers are to be kept to a minimum and disposed of properly to reduce litter and protect the school environment.

Policy Number 113

8. The healthier choices of drinks are water and milk. Well diluted squashes and unsweetened juices are acceptable with lunch but should not be sipped throughout the day because of the damage caused to teeth. Sparkling water is also damaging to teeth because of the acid content.
9. Nutrition and healthy eating is included as part of a cross curricular approach. SPHE, PE, Home Economics, Science and Biology have lessons on this topic.
10. Teachers and staff will provide positive modelling and support attitudes to encourage healthy eating.
11. 'Healthy Eating Awareness Week' will be held annually as an incentive to encourage healthy eating at school and at home.
12. The '*Healthy Eating Policy*' will be reviewed on an annual basis and will be visibly displayed in the school.
13. Sausage rolls and cookies will not appear on the canteen menu as they are not a feasible option due to the trans-fats content. The committee will continue to work with the Caterer in improving the choice of foods available.
14. Plain scones will be available
15. Soup will continue to be offered (low levels of saturated fat and salt)
16. Cool free drinking water is available from the water fountain.
17. Not all fund raisers will be cake sales. Other healthy food alternatives and activities eg skipathon, Zumba will be considered. Due consideration will be given to hygiene, health and safety.
18. Non-edible rewards for students will be considered, for example stationery, films, certificates.
19. Health enhancing foods will be encouraged for school parties/celebrations.
20. On school outings, venues which offer healthy food alternatives will be considered.

Ratified by the Board of Management: May 2015

Review Date: May 2018