

HEALTHY EATING POLICY



Through these guidelines Ardee Educate Together aims to help all those involved in our school community in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

1. Parents should ensure that children have a balanced breakfast to help them learn and concentrate better in school
2. A healthy lunchbox contains foods from the bottom four shelves of the food pyramid
3. Some of the healthy snacks that this school encourages for break time include fruit, vegetable sticks, plain/fruit yoghurt, fromage frais, crackers and/or cheese.
4. Chewy/sticky bars, cereal bars and sweets are not advisable at any time
5. Healthier choices of drinks are plain (tap) water and plain milk. Pure unsweetened juices or well diluted sugar free squashes (1 part squash: 8 parts water) may be included but only as part of children's main lunch meal in order to reduce the risk of tooth decay (H.S.E. recommendations)
6. Sweetened fruit juices, fruit drinks, squashes, fizzy drinks (including diet drinks and sparkling water) should be avoided due to their sugar and/or acid content, as these are also harmful to teeth (H.S.E. recommendations)
7. Cans, glasses, chewing gum, crisps, peanuts are not permitted. Foods, which have wrappers should be kept to a minimum and disposed of properly to reduce litter and protect our school environment.
8. Nutrition and healthy eating will be included as part of the school curriculum.
9. Teachers and staff will provide positive modelling and support attitudes to encourage healthy eating.
10. Teachers will assist young children with their lunch where possible.
11. All pupils are encouraged to avail of the school plain milk scheme (all milk cartons are stored in the refrigerator) and fresh fruit in schools scheme where available.
12. A 'Healthy Eating/Nutrition Awareness Week' will be held annually as an incentive to encourage healthy eating at school and at home. The 'Healthy Eating Guidelines' will be reviewed regularly and the policy will be framed and displayed in a prominent position in the school.

Ratified on _____ Signed: _____
(Chairperson B.O.M.)