

**Introduction**

Parents, teachers and school Secretary working together formulated this policy in March 2006 and reviewed by a group of teachers on 19/01/2015

**Aim**

The aim of the policy is to encourage healthy eating habits among the pupils in our school.

Our school encourages children and parents to minimise highly processed foods, with high sugar and salt content e.g. "lunchables". We also encourage the use of lunch boxes, flasks and reusable cartons, which will minimise waste disposal in the environment.

**School meals**

Lunch is provided for all children daily by Glanmore Foods, consisting of sandwiches and milk. Fruit and vegetables such as bananas, apples, pineapple, grapes, peppers, carrots etc. is also provided.

Breakfast is offered to all children in the school kitchen between 8.30 am and 8.55am every morning. This consists of cereal, toast, scrambled eggs, beans, juice, milk and occasionally a hot breakfast.

**Examples of food to be encouraged:**

- Homemade sandwiches, rolls, crackers, pitta bread, wraps
- Fruit (fresh and dried)
- Yoghurt
- Cheese
- Vegetable sticks e.g. carrot, celery, cucumber
- Soup (flask)

**Communicate this policy to pupils**

- at assembly and in the classroom
- Review of school lunches
- Growing fruit and vegetables in the school garden
- Occasional cookery (in class or in school kitchen)

**Communication of Policy to Parents**

- Policy to be included in Parents Booklet
- School journal to include list of foods and drinks which are allowed/not allowed

**Procedures to be followed if pupils do not follow policy:**

- Objectionable food will be taken from the pupil and given back at the end of the school day
- Put a note for the parent in the journal asking the parent to refer to our Healthy Eating policy
- If students persist prohibited food will be taken from them

**Linkage with other curricular areas and existing school policies**

- SPHE e.g. Food Pyramid
- Art e.g. designing healthy lunch boxes
- Science, environmental awareness (minimising packaging)
- Mathematics e.g. graphs/charts
- PE e.g. healthy eating and exercise

**Ratification of policy**

This policy was ratified by the BOM: May 2006

**Date for implementation of policy:** September 2006

**Date for review of policy:** March 2007

**Further date for review:** January 2018