Our Lady of Lourdes N.S.

**Healthy Eating Policy**

**Introductory Statement**

This policy was formulated in 2016 in consultation with the principal, the staff and the Board of management at a series of consultative meetings. It was reviewed in 2018 and is due for review in September 2021

**Healthy Eating Policy Mission**

As part of the Social, Personal and Health Education (S.P.H.E.) the aim of this policy is to support parents and pupils in relation to healthy eating habits from an early age.

**Rationale**

* To promote the personal development and well-being of the child.
* To promote the health of the child and provide a foundation for healthy living.
* To enable the child to appreciate the importance of good nutrition for growing and developing into a healthy adult
* To enable the child to accept some personal responsibility for making good food choices as part of a balanced diet

**For those children not eating the Hot Lunches:**

**Healthy Lunch Guidelines**

Healthy Food for lunch should include:

* Bread, pasta, rice
* Meat, fish, eggs
* Cheese, plain or fruit yoghurts, milk
* Fruit
* Vegetables
* Water

Lunches should not include:

* Crisps, nuts, popcorn
* Chocolate, sweets, lollipops or jellies
* Chewing gum
* Cakes, pastries, biscuits or doughnuts
* Chocolate or jam spreads
* Fizzy drinks
* Cereal bars

**Before/After School Clubs**

Healthy foods will always be offered at these clubs.

**Treats**

Treats are occasionally allowed for special days at the discretion of the teacher. We will endeavour to offer healthy options for children for special occasions such as full attendance parties, end of year celebrations, sacrament celebrations etc.

**Roles and Responsibilities**

The plan will be reviewed on a regular basis from this date.

**Ratification and Communication**

This plan was ratified by the Board of Management of Our Lady of Lourdes N.S. and will be available on the school website. Parents may also obtain a copy of this plan from the Principal.

**Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Principal)**

**Signed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Chairperson of the Board of Management)**