



Scoil Mhuire Clontibret

Healthy Eating Policy

Previously we have engaged with parents and the HSE as part of the Health Promoting Schools (HPS) Programme to further develop and strengthen our focus on healthy eating in our school community. More recently the children on the school's HPS undertook a review and, based on their observations and input, together with that of the staff, some amendments have been made to our policy.

It should be pointed out that the vast majority of our pupils have healthy lunches on a daily basis and for this we are very grateful. However, a small number regularly present with 'alternative', less healthy, options, which, as the children pointed out, is very unfair to their classmates. Hopefully, by updating and amending this policy, any ambiguities will be removed.

Again, it cannot be stressed enough that this is in the better interest of the children's health and well-being and will benefit them in the long term, which is presumably what every parent wants for their child. Advocating a healthy eating policy has also proven to be more cost effective for families.

Parents should continue to include a selection of the following: bread, scones, sandwiches, fruit (except nuts – see *Nut Allergy Policy*), natural or fruit yogurts, plain pancakes, plain rice cakes, corn cakes, unsalted crackers, vegetables, pasta, cous-cous, cheese, plain popcorn, water, milk, soup or home-made smoothie.

Inclusion of the following is unacceptable: chocolate, sweets, biscuits, buns, cake, chocolate spread, cereal bars with high sugar and/or fat content such as *Nature Valley/Rice Krispie* bars etc, nuts, yogurt with 'chocolate corners', salted crackers, salted or caramel popcorn, fizzy drinks or fruit drinks with high sugar or saccharin content.

Working together, we can make a positive and lasting difference to lifelong eating habits.