



Healthy Eating Policy

Through these guidelines **Scoil Naomh Lorcan** 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, yoghurt, crackers and /or cheese. Chewy /sticky bars, cereal bars and sweets are not advisable at any time
4. Healthy choices of drinks include **plain water (tap)** and **unflavoured milk**.

Drinks such as sweetened fruit juices, fruit drinks, squashes, fizzy drinks (including diet drinks, flavoured water and sparkling water) are prohibited due to their sugar and/or acid content, as these are also harmful to teeth

5. Cans, glasses, chewing gum, crisps, peanuts are not permitted for safety and litter purposes. Foods which have wrappers should be kept to a minimum. All wrappers and leftover food should be taken home in a child's lunch box to protect our school environment, keep parents in touch with what their child eats and to encourage responsibility for the disposal of their own litter.
6. All pupils are encouraged to bring in plain milk and avail of the fresh fruit provided in this school.
7. Nutrition and healthy eating will be included as part of the school curriculum.
8. 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 on an annual basis and the policy will be available on the school website.