




SCOIL CHOLMCILLE

HEALTHY EATING POLICY

1. Scoil Cholmcille through this policy aims to help all those involved in our school community, children, staff and parents, in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health and discipline.
2. *Suggestions for lunch and snack breaks include:*

<p><i>Sandwich, pitta pockets, baps, rolls, rice cakes, popcorn, oatcakes, tortillas, plain biscuit, cereal bar.</i></p> 	<p><i>Filling of any meat, vegetable, cheese, fruit, fish.</i></p> 	
<p><i>Yogurts, Yops.</i></p>	<p><i>Fruit and Vegetables</i></p> 	<p>N.B. <u>Infants</u> <i>Small yogurt only. Fruit / Vegetable (small piece or sliced).</i></p>
<p><i>Drinks:</i> <i>Water milk, unsweetened juice (children may refill a plastic bottle with water during the day)</i> <i>No fizzy drinks.</i></p>	<p><i>Children must have a lunchbox. Children take all wrappers, bottles, litter home in their lunchboxes</i></p>	<p><i>On Friday, children may bring one item of food from the top of the food pyramid e.g. bag of crisps <u>or</u> sweets <u>or</u> chocolate bar.</i></p>

3. Cans and glass bottles are **not** allowed for safety and litter reasons.
4. All classes will receive lessons on healthy eating during the school year.
5. Teachers, SNA's and older pupils will assist young children with their lunch.
6. Staff of Scoil Cholmcille will provide positive modelling and supportive attitudes to encourage healthy eating.
7. Healthy Eating Guideline will be reviewed and a Healthy Eating Awareness week will be held during the year.
8. Please refer to the leaflet from the HSE. - "Healthy food to help us grow" or "Healthy Eating for Children" for more ideas for lunches and snacks.