**Scoil Bhríde, Ráth Chormaic**

**Nutrition Policy**

Scoil Bhríde is a Health Promoting School and as part of this programme we have developed a Nutrition Policy. By having this policy our aims are –

* **To make everyone in the school aware of the importance of a healthy diet.**
* **To encourage students and teachers to make healthy food choices.**
* **To increase learning about food and nutrition.**
* **To ensure children eat a healthy, well-balanced lunch, thus promoting a healthy lifestyle.**

**Healthy Eating for All**

This policy was developed after reviewing the results of lunchbox surveys and suggestions from the children, parents and staff. We endeavour to encourage and actively promote good eating habits for everyone in Scoil Bhríde!

We have decided to help make the school a place that encourages healthy eating. Regular healthy lunches supply ….

* **Brain Food!** – Helps with concentration for school work
* **Play Food!** – Gives energy for sport / breaktime / after-school activities
* **Right Bite Food**! – Helps keep teeth healthy and strong
* **Food for Life!** – Helps with growth and development and also helps form good eating habits for the future.

1. Ideally lunches should include at least one food from each of the bottom four shelves on the food pyramid:

- bread, cereals and potatoes

- fruit and vegetables

- milk and dairy

- meat, fish and alternatives.

2. Fruit juices / drinks can only be taken with food at break times. Children are encouraged to bring a bottle of water for drinking in between scheduled break times.

3. Children should be encouraged to bring some fruit / vegetables each day.

4. Treats must be kept to a minimum. If parents wish to include one, it must be restricted to a single treat-size bar per day. Cereal bars, cakes and biscuits come into this ‘treat’ category.

5. Fizzy drinks, sweets, crisps, chewing gum, popcorn and peanuts are not allowed in school.

6. Children are given adequate time to eat at each break time.

7. Children are to bring home all wrappers, waste etc. from their lunch in their lunchbox.

8. There will be events and times such as end of term parties, school trips, concerts, special celebrations etc when exceptions will be allowed to the health policy.

**Roles and Responsibilites**

**Role of Parents**

* To provide a healthy, well-balanced lunch for children.
* To encourage healthy eating.
* To inform the school of any child’s special dietary needs.
* To implement school policy by not allowing their children to bring food to school that is not allowed.

**Role of Children**

* To eat their lunch.
* To bring home any uneaten lunch.
* To help make their own lunches and remind parents of the Healthy Lunch Policy.
* Not to bring chewing gum, fizzy drinks, crisps, sweets, popcorn or peanuts to school.

**Role of School**

* To promote and encourage healthy eating.
* To teach children about nutrition and the food pyramid (SPHE Programme)
* To display a copy of the food pyramid in every classroom and to refer to it regularly.
* To send forbidden foods back home with children who bring them to school.

**Implementation** – This policy will be implemented from the 23rd of April 2007.