

Following a meeting of teachers with the Health Service Executive in March 2007 primary schools are being urged to implement healthy eating policies. Therefore, in response to this, our school Board of Management discussed the matter and formally adopted a healthy eating policy commencing October 1st 2007.

Why adopt a healthy eating policy in our school?

- ✓ It improves the nutrition standard and eating habits of all in the school.
- ✓ It improves children's concentration and behaviour.
- ✓ Good nutrition helps with growth and development in school-aged children.
- ✓ Healthy eating means healthy bones, healthy teeth and energy for work and play.
- ✓ Healthy breakfast, lunch and snacks will improve children's concentration and behaviour.

It is hoped that our pupils overall health and well being will improve as a result of adopting the policy. To achieve this, we look forward to having the full support of all parents in implementing this policy.

Anna Maher

September 2024

Healthy Eating Policy

Castleblakeney N.S.

Aim:

To improve the nutritional quality of school lunches.

We propose to do this through education and guidance towards healthy food and lifestyle choices.

FOOD CHOICES

Everyday is a healthy lunch day

A healthy lunch may contain:

Sandwich, Roll, Bread, Crackers, Rice Cakes
Meat, Fish, Cheese, Hard Boiled Egg
Fruit, Vegetables, Salads
Milk, Water
Scones, Plain Buns(no icing), Brack
Yogurt

Foods **NOT** allowed are:

Popcorn,
Muffins, Fizzy Drinks, Biscuits, Chocolate bars,
Chewing gum.

1 mini bar allowed on Fridays

Castleblakeney N.S.

Healthy Eating Policy

