

## **St. Mary's National School / Healthy Eating Guidelines**

1. St. Mary's National School aims to help all those involved in our school community, that is children, staff and parents in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.
2. A healthy lunch-box includes a piece of food from the first four shelves of the food pyramid.
3. Friday is our 'Treat Day'. On this day we can include one piece of food from the top shelf of the food pyramid (bar, biscuit etc.)
4. Healthier choice of drink includes water, milk and diluted juice.
5. Some of the health snacks that we encourage for the small break includes popcorn, fruit, fromage frais (small) and crackers.
6. All foods which have wrappers are to be eaten indoors. Sandwiches may be eaten outdoors. Banana skins and apple cores will be used for composter.
7. All classes will receive a minimum of two lessons on healthy eating and will be encouraged and reminded from time to time of the benefits of 'Healthy Eating'.
8. The opportunity to attend a healthy eating information has been offered to parents. Dietician Marie Boyce gave an informative talk on food and its nutritional value and had a display of food and drink suitable for a healthy lunch-box.
9. Staff will support attitudes to encourage healthy choices.
10. Parents will be reminded from time to time to keep up the good work.
11. Our 'Healthy Eating Policy' will be reviewed from time to time.