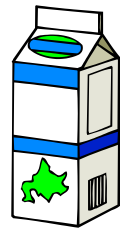




Scoil Mochua, Aghards

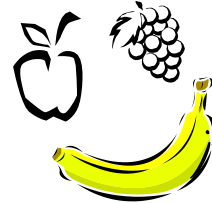


Healthy Eating Policy

In consultation with the Parents Association and the staff of Scoil Mochua a Healthy Eating Policy has been adopted by the Board of Management. Your full co-operation and support are requested. The policy will be implemented from September 2005. Details are outlined as follows:

Food

1. The following foods **are recommended**
 - (a) Bread, roll, pitta bread, crackers or plain scone with a nutritious filling e.g. cheese, egg, meat, tuna, salad, etc.
 - (b) One or more pieces of fruit (highly recommended)
 - (c) Yoghurt or yoghurt drink
 - (d) **One** treat e.g. chocolate, bar, sweets, biscuits **on a Friday only.**
2. The following foods are **not permitted** on the school premises
 - (a) Crisps/popcorn
 - (b) Chewing gum
 - (c) Nuts/nut products (This facilitates those who have a nut allergy)
 - (d) Winders
 - (e) Frubes
 - (f) Sweets, bars, chocolate, biscuits, etc. except on Friday



Drinks

1. The following drinks **are recommended**
 - (a) Water
 - (b) Milk
 - (c) Fruit juice (Check sugar content!)
 - (d) Well diluted juice drink

Note: Children 3rd → 6th class may drink water at regular intervals throughout the day.
2. The following drinks are **not permitted**
 - (a) Fizzy drinks
 - (b) Drinks in cartons (often left unfinished and therefore wasted)

Further Recommendations

1. Read ingredients carefully. Choose foods and drinks low in sugar, sugar substitutes and fat.
2. In line with our school recycling policy, we encourage all parents to provide children with a reusable lunch box and drink container for school.
3. As part of a healthy lifestyle, it is strongly recommended that all children engage in regular exercise and physical activity.
4. Please be prudent about children having money to spend before and/or after school as this encourages unhealthy eating habits.

