

Healthy Eating Policy

Moneynick Primary School

March 2017



Signed: _____ (Principal)

Date: _____

Signed: _____ (Chair)

Date: _____

POLICY STATEMENT

In Moneynick Primary we have a primary responsibility for the health and welfare of the children in our care.

“Children have the right to be as healthy as possible, live and play in a safe, healthy unpolluted environment and benefit from preventive health care and education”. (Article 24 U.N. Convention on the Rights of the Child)

The policy in our school is to provide and maintain a healthy lifestyle, so far as reasonably practicable, for all our staff and pupils and to encourage a health-conscious outlook.

AIMS

In Moneynick Primary we want to encourage healthy eating amongst all staff and pupils. This policy has been created in consultation with health professionals and the Board of Governors are committed to it. We aim to:

- improve upon the children’s knowledge of nutrition
- promote food hygiene and cleanliness by washing hands prior to eating & after using the bathroom
- encourage our Healthy Break initiative
- endorse the drinking of milk and water
- promote more nutritional food during lunchtimes

PROMOTING HEALTHY BREAKS THROUGHOUT OUR SCHOOL

As part of our Healthy Eating policy **children:**

- Will eat **only** fruit, vegetables or bread based products at break time
- Will drink **only** milk or water at break time

As part of our Healthy Eating policy **school staff:**

- Will eat **only** fruit, vegetables or bread based products at break time
- Will drink **only** milk, water, tea or coffee at break time

As part of our Healthy Eating policy, **school catering staff:**

- Will only supply foods and drinks that are permitted (fruit, vegetables, bread based products, milk and water)
- Will not use sugary spreads such as jam, honey or marmalade
- Will use butter/spread sparingly

N.B. On rare occasions such as 'European Languages Day' break items may vary from the recommended list and may include sweet treats.

PROMOTING HEALTHY LUNCHES AND DINNERS

Pupils will be praised for including healthy choices in their lunchboxes on a daily basis and will be encouraged to limit the number of sugary items to one.

Dinners are bussed from Antrim Primary Meals Kitchen – all food prepared for school dinners follow correct guidelines. Dinner menus are supplied to parents on a monthly basis and include a choice of two healthy meals per day. Chips are supplied once a week or on occasion, twice a week. Milk, bread and fruit are also supplied daily.

PARENTS

As part of our Healthy Eating Policy:

- We will work in partnership with our parents and provide them with information on the foods and drinks that are suitable for a break time snack
- We will encourage our parents to supply a nourishing and healthy lunch box limiting treats to one sugary item

Useful Contact Numbers

Health Promotion Agency – Tel: 028 9031 1611
www.healthpromotionagency.org.uk