

OVENS NATIONAL SCHOOL

RECOMMENDED HEALTHY EATING POLICY

The following is a guide issued by the Health Service Executive for parents and teachers on the implementation of a **Healthy Eating Policy** in the schools. This policy was drawn up by the Staff and the Parents' Association.

1. All food and drinks consumed in the school will follow the guidelines recommended in the food pyramid.
2. **One** food in the top shelf of the food pyramid e.g. sweets or chocolate, can be eaten on Fridays. Treats may also be eaten in school on special occasions, which will be notified to the parents in advance.
3. Food from the bottom shelf of the food pyramid (bread, scones, rice, pasta, crackers, potato, cereals) should be eaten at least once during the school day.
4. Fresh fruit is encouraged as part of the food eaten at school.
5. Wrappers from food eaten in the school and any uneaten food must be placed in the children's lunchboxes.
6. Drinks of water preferable. No fizzy drinks allowed.
7. Please read the sugar content of many so called healthy products. e.g. cereal bars etc....

Reviewed: February 2021

Signed: 