

# HEALTHY EATING POLICY

## **Aims:**

- To promote healthier informed choices regarding food and nutrition among the whole school community.
- To encourage all members of the school community to avail of the healthier alternative available to them.
- To provide the alternative to the entire school community.
- To include all partners in the development and promotion of the policy.

Healthy food is a food that when provided is optimum for growth, development and health.

## **FORMULATION OF POLICY:**

Promotion of healthier food in Moate Community School will take place through the following mediums:

- In class through the SPHE, Home Economics, Science, and Physical Education Curriculum.
- Promotion through art and cultural activities.
- Promotion through increased/enhanced displays of posters throughout the school building.
- Target parents/guardians with relevant information in relation to healthy eating and healthy food choices.
- Advertising of the healthy options on offer in our school deli which are keenly priced.

## **IMPLEMENTATION OF POLICY:**

- In implementing and promoting this policy we aim to avail of the following resources: advertising, the deli, different curriculum and staff resources.

- As we adapt a whole school approach to healthy eating we aim to raise awareness indirectly among the whole school community.
- The school policy on referral will be followed with regard to dealing with sensitive issues, confidentiality and referral when necessary.
- Visitors will become involved through the specialised departments like Home Economics and S.P.H.E.
- Involvement of parents through school mailing, in particular the Newslink which is received by parents/guardians four times a year.
- In August a leaflet will accompany the mailing to parents of incoming first years students highlighting to them what food is available to their children in their new school and the cost of such options.
- Involvement of students in the drafting of the policy was utilised and their involvement will continue through the student council.

### **MONITORING PROCEDURES**

This policy will be monitored by the Principal/Deputy Principals/Home Economics Department/Deli Department.

### **REVIEW PROCEDURES:**

The policy will be reviewed on an annual basis.