



## HEALTHY EATING POLICY

The Mercy School aims to help all those involved in the school community, (children, staff, and parents) to develop positive and responsible attitudes to eating, and to appreciate the contribution that good food makes to ones health.

**Nutrition:** What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life).

To promote healthy eating habits in our school, we introduced a healthy eating policy in September 2006.

### DRINKS:

Milk,  
Water,  
Diluted sugar free squash,  
Unsweetened fruit juice.

### HEALTHY SNACKS:

fruit, scones/fruitcake,  
flapjacks, cheese,  
crackers, vegetable sticks,  
plain biscuits, dried fruit/nuts,  
bread sticks.

### MAIN LUNCH:

Sandwiches, rolls, pitta bread, etc with a variety of healthy fillings,  
Pizza slices,  
Pasta /rice.

Refer to healthy lunch tips for further ideas (tips to be given out in September '06).

### FOODS NOT ALLOWED:

Fizzy drinks (to include fizzy fruit flavoured water, juices, etc)  
Chocolate products sweets  
Cereal bars crisps (or crisp type snack)  
Chewing gum bars  
Fruit winders popcorn

**ALL** snacks known to be high in sugar, saturated fat, salt, additives and preservatives.

### TREAT DAY:

FRIDAY will be our treat day. On this day we can include ONE food item from the "not allowed" list (this excludes crisps or crisp type snacks).

Please note: popcorn is only allowed on Fridays.

### GREEN FLAG SCHOOL -

Our green school motto is:  
*GET GREEN, KEEP GREEN,  
MAKE IT INTO A REGULAR ROUTINE!*

With this in mind, children are also asked to do the following:

- All uneaten food, silver paper, wrappings, containers and cartons are to be taken home in lunchboxes.



- Only fruit peel to be put into the schools compost bins.
- For safety reasons, cans and glass are not permitted.

To support our policy, children will receive lessons on healthy eating during the month of September.

**N.B. Parents/guardians of any child with a medical condition which requires a special diet should contact the school.**

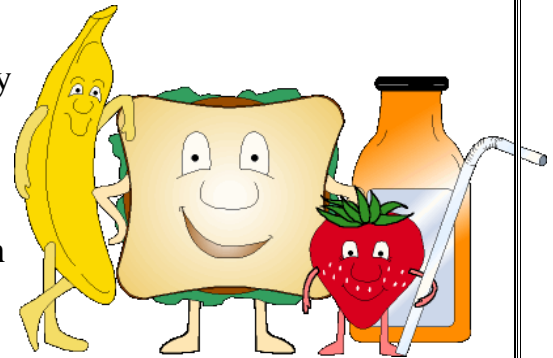
*Approved by the Board of Management & Parents' Council*

### **HEALTHY EATING:**

We ask all families to support the pupils and teachers in our Healthy Eating Policy. Healthy food helps your child physically and mentally, and healthy eating habits will benefit children for life. The “Healthy Eating Policy” can be downloaded from our school website [www.mercywexford.scoilnet.ie](http://www.mercywexford.scoilnet.ie) and it states that *treats be only brought to school on Fridays.*

**FRUIT SHOP:** Pupils can still buy apples/satsumas/bananas/portion of grapes from our Fruit Shop every day at 20 cent per piece.

There are good ideas on how to promote healthy eating at <https://healthpromotion.ie/health/schools> and hints on healthy snacks at [www.safefood.eu](http://www.safefood.eu)



Also please note that many so-called healthy snacks and bars are very high in sugar and calories.

**Signed:** \_\_\_\_\_  
**Chairperson of BoM**

**Signed:** \_\_\_\_\_  
**Principal/Secretary to the BoM**

**Date:** \_\_\_\_\_

**Date:** \_\_\_\_\_