

## HEALTHY FOOD POLICY

### Aim

- To support and encourage healthy lifestyles within the school.

### Objectives

- Establish foundations for later life.
- Encourage a positive attitude and behaviour towards healthy eating.

### Procedures

- All pupils are required to bring “healthy” lunches to school.
- No fizzy drinks, crisps, sweets, chocolate are allowed in the lunch box.
- This policy will be supported by teachers and other involved in the school through the SPHE programme and other organized events.
- Pupils will be encouraged to reflect and participate in activities linked with healthy eating.
- Certain occasions will allow “treats” to be brought to school. All pupils will be notified of these dates in advance.
- Suitable alternatives for the “lunch-box” will be provided in written material form if required.
- This policy will be reviewed on an annual basis.

I agree to support and abide by the healthy food policy as detailed above.

Name(s) of child (children) \_\_\_\_\_

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Signature of Parent / Guardian \_\_\_\_\_