

Healthy Eating Policy

- We in Coláiste Phobal Ros Cré believe that healthy eating is vital for the physical and mental wellbeing of our students.
- Benefits of having a balanced diet include – general good health, improved concentration levels, improved energy levels and a healthy body weight.
- Healthy eating in school involves eating a variety of healthy foods at breakfast (some students arrive very early), break and lunch times. The Food Pyramid offers guidance in relation to types and portions of food that we should eat on a daily basis.
- To create an awareness of healthy eating in the school we will have an annual healthy eating week with local retail involvement and the school canteen.
- Subjects such as Home Economics, SPHE and PE will support healthy eating actively through class work.
- We will provide a variety of healthy food in the school canteen and tuck shop.
- We will subsidise some students' lunches through the School Meals Programme, funded by the Department of Social Welfare, to ensure they receive healthy food while in school.
- We will offer the opportunity for parents to develop their skills and information on healthy eating and cooking through an annual one off workshop
- We will review and evaluate how the policy is working by surveying the students on an annual basis to monitor eating habits and by having an annual committee meeting.

Information Letter

Dear Parent / Teacher

A recent survey of students in our school revealed the following information about their diets:

- Low level of fibre intake
- Low level of fruit and vegetable intake
- Inadequate intake of dairy products
- High intake of chips and processed meat
- Fizzy drinks consumption high although not as high as expected

The survey also showed:

- Significant number of students expressed interest in changing to healthier options and willingness to pay approximately €3.50 for a healthy lunch
- There is potential to improve the variety of food offered
- There is potential to improve the variety of snack food offered and to make low fat options available
- A significant number of students not eating breakfast

As a result of these findings, we believe there is need to:

- Promote healthy eating habits
- Develop a healthy eating policy

In order to achieve this we formed a Committee including two teachers, two parents, two students, a dietician and the canteen manager. Through the committee we hope to:

- Develop a Healthy Eating Policy
- Research and develop the potential to offer healthy food choices within the school
- Apply for funding from Department of Social Welfare for School Meals Programme
- Promote awareness of healthy options available outside the school – this involves having a healthy eating week annually with local retail involvement
- Start up a Breakfast Club to encourage students to start the day with a healthy breakfast
- Offer the opportunity for parents to develop their skills and information on healthy eating and cooking through a one off workshop.

Please have a look at our draft policy and indicate on sheet provided if you would support this policy

Would you support this Healthy Eating Policy?

Yes _____ **No** _____

Do you have any comments?

THANK YOU

GRANT AIDED BREAKFAST AND DINNER CLUB

- Submission for Grant Aid
- Letter of approval
- Voucher system now in place for needy pupils
- Post holders are now appointed to manage canteen activity and coordinate voucher system.