

Healthy Eating Policy

St Aidan's Community College

Aims:

- To take a whole school approach to healthy eating in school, in relation to: the Culture & Environment, Curriculum (Teaching and Learning), Policy and Planning, Relationships and Partnerships.
- To promote healthy eating across school life, consistent with National Healthy Eating Guidelines and school curriculum
- To ensure that food provision in school reflects the ethical and medical requirements of staff and pupils, eg religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.

The aims listed above will be addressed through the following:

- As part of SPHE and Social Education Programmes, during Science & Biology when covering the Digestive System, through PE classes for Health & Wellbeing and during Home Economics when covering nutrition
- A culture of healthy eating is encouraged and positive modelling by adults in the school
- Adherence to Healthy Eating Guidelines by school meals providers
- Fizzy drinks or energy drinks are not permitted in school and this is indicated in the school Code of Behaviour. Students are encouraged to drink water. Only water, fruit juices or milk are provided as part of the school meals scheme.
- Allergen advice is displayed by the school meals provider and will also be made available on school website
- Gluten free, Vegetarian and Halal options are available as part of the school meals
- Fresh fruit is available all day for students by school meals providers
- Students can avail of the school canteen seating area during breakfast club and at lunchtime
- School meals are prepared in compliance with Food Safety Authority of Ireland Guidelines
- School meals staff are HCCAP trained and Garda vetted

Evaluation:

The policy will be reviewed every 3 years or sooner if changes occur to school meal provision

Next review due April 2025.

Ratified by BOM on 6th April 2022 Signed: _____ *E. Breen* _____ (Chairperson BOM)