

## HEALTHY EATING POLICY

*Columba College is committed to the promotion of healthy eating and good nutrition for the whole school community. By developing a positive attitude to healthy eating it is expected that healthy eating habits learned in school will be continued throughout life.*

### **Benefits of Healthy Eating**

- Helps students to perform at their full potential during the school day.
- May help to reduce the developing of many health problems both in adolescence and later on in life
- Encourages young people to consider the food they consume and seek out healthy options and a balanced diet
- Low sugar intake promotes concentration, lessens hyperactivity, protects teeth and lessens the risk of diabetes.
- Low salt intake reduces the risk of heart disease later in life
- Low saturated fat intake reduces the risk of obesity and eating disorders.

### **Recommended Foods**

- Sandwiches, Rolls, Wraps or Pitta Bread with a variety of healthy fillings.
- Fruit, Vegetable sticks or Dried Fruit.
- Crackers, Rice Cakes or Scones
- Popcorn or Snack a Jack

### **Recommended Drinks**

- Water
- Milk
- Pure Fruit Juice
- Yogurt Drinks
- Smoothies

### **Food and Drinks not Allowed**

- Fizzy drinks such as coke, sprite or energy drinks
- Flavoured Milk
- Crisps
- Chocolate, Sweets or Bars
- Cereal bars/Fruit winders

### **Responsibilities of Students**

- To adhere to the food and drinks allowed
- To take responsibility for preparing his/her own lunch and using a lunchbox
- To dispose of any leftovers or waste in the bins provided within the school

### **Responsibilities of Teachers**

- To continue to use the curriculum to increase pupil knowledge regarding nutrition and healthy eating benefits.
- To promote a positive attitude towards healthy eating right across the curriculum and not only in the classes which have a direct input namely Home Economics, SPHE and Science
- When and where possible to support students in their developing a health enhancing attitude and behaviour

### **Responsibilities of Parents**

- To Support the school's Healthy Eating Policy by providing recommended food and drink for students' lunches and snacks
- Encourage students to be physically active
- Encourage students to adhere fully to the school's Healthy Eating Policy
- Ask students not to waste or abuse food and to dispose appropriately of any waste wrappers /food.

The **Shop** which provides food and drinks to the school is being supplied with a copy of our healthy eating policy and is requested to provide food and drinks only within these guidelines.