



# Francis Street CBS

## Healthy Eating Policy

Francis St. C.B.S. encourages children to eat food that is healthy. Good nutrition is critical for a child's long and short term health including both their physical and cognitive development.

The boys have two breaks during the school day one before 11 where they have an opportunity to eat a small snack and one at 12.30 where the children eat the rest of their lunch. All school lunches are provided by the school. The children get a menu of lunches they may choose from and this is provided in a personalised lunch bag each day. The school also provides milk. For children who do not participate in the school lunch scheme for whatever reason, the school encourages these children to eat healthy food such as fruit, sandwiches, crackers and yogurts.

We do not allow crisps, popcorn, sweets, chocolate or fizzy drinks in the school.

Teachers in tandem with the S.P.H.E. curriculum teach strategies that are supportive of healthy eating, this includes cooking.

Parents are encouraged to become involved in food preparation and cooking programs in the school.

The school from time to time becomes involved in Healthy Eating initiatives such as Food Dudes.

We have achieved the Green Flag for litter and waste reduction, as part of our waste reduction policy we ask that children take home all rubbish from their lunch.

Food is not permitted on the yard.

This policy was ratified by the Board of Management in April 2010