



Healthy Eating Policy

HEALTHY EATING POLICY

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Commencing Date:	
Approval Signature:	
Review Date:	

1. Background

UN Convention on the Rights of Children :

Article 24 (health and health services)

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy.

2. Purpose and Scope

In Ardnashee School and College we reflect the principles of the Food in Schools Policy as outlined in Circular 2013/21, a joint initiative by the Department of Education and Department of Health. It aims to promote healthy eating and improve nutritional outcomes for all pupils, including those with special educational needs.

3. Objectives

- To implement the Food in Schools Policy – Healthy Food for Healthy Outcomes
- To ensure all food provided meets the Nutritional Standards for School Lunches and Other Food in Schools
- To support pupils with special dietary needs, including medical, sensory, cultural, and religious considerations.
- To embed nutrition education across the curriculum and school culture.

4. Procedure/Guidelines

Whole-School Approach

The policy applies to all food and drink provided or consumed in school, including:

- School meals

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- Packed lunches
- Snacks
- School Cafe
- Celebrations and events

Staff, pupils, and parents will be involved in promoting healthy choices and consistent messaging.

Nutritional Standards

All food provided will comply with the Nutritional Standards set by the Department of Education:

- School lunches must include a balance of fruit, vegetables, whole grains, and lean proteins.
- Snacks and drinks must avoid high-fat, high-sugar, and high-salt items.
- Healthy breaks guidance will be followed for all age groups

Special Dietary Needs

The school will:

- Collaborate with parents, dietitians, and healthcare professionals.
- Maintain allergen management procedures and staff training.
- Provide culturally appropriate and medically necessary alternatives.

Parents/Guardians should:

- Alert the school of any special dietary needs
- Complete the information/consent forms and return to school

Curriculum Integration

Nutrition education will be embedded in:

- Personal Development and Mutual Understanding (PDMU)
- Home Economics
- Science and Life Skills
- Practical cooking and food preparation activities

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Communication

- The policy will be shared with parents and staff
- Menus and healthy eating tips will be published regularly.
- Staff will receive ongoing training.

What to Consider When Making a Healthy Lunch or Snack

When preparing food for school, consider the following:

Nutrition

- Include a variety of food groups: carbohydrates, protein, fruit/veg, and dairy.
- Choose wholegrain options where possible.
- Limit foods high in sugar, salt, and saturated fat.

Allergies and Dietary Needs

- Be aware of common allergens (e.g. nuts, dairy, gluten).and that we are a **NUT FREE SCHOOL**
- Respect cultural and religious dietary restrictions.

Practicality

- Use containers that are easy to open.
- Keep food fresh and safe (e.g. use ice packs).
- Avoid messy or strong-smelling foods.

Inclusivity

- Ensure options are suitable for pupils with sensory sensitivities or feeding difficulties.
- Offer alternatives for pupils with texture aversions or chewing/swallowing challenges.

5. Monitoring/Evaluation

- Feedback from pupils and parents will inform improvements.
- Policy will be regularly reviewed to reflect any new guidance.

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Commencing Date:	September 2025
Review Date:	September 2025.
Signed by Chairperson	Husling Bonner
Signed by Principal	R H 