



*"Praying together,  
Learning for life,  
Caring for all"*

# **St Joseph's Catholic Primary School**

## **Healthy Eating and Drinking Policy**

Date: March 2019

To be reviewed: March 2020

## **OVERVIEW**

As part of our commitment to the healthy growth and development of our learners we will promote healthy eating in school. We will educate learners through the curriculum about the importance of a healthy diet. We will encourage healthy eating in school by ensuring that the food and drink we provide is healthy and nutritious. We will work with parents, the LA and other agencies, to extend healthy eating patterns into the wider lives of our learners.

## **OBJECTIVES**

1. To educate children about healthy eating and drinking.
2. To help learners identify healthy foods and drinks and to encourage them to eat a balanced diet.
3. To alert learners to the dangers of an unhealthy diet.
4. To provide learners with healthy food and drinks in school.
5. To encourage parents and learners to support our work by bringing healthy lunches and snacks when they provide their own food.
6. To encourage learners to adopt healthy life-style and healthy eating and drinking habits.

## **STRATEGIES**

1. To use the curriculum in physical education to educate learners about healthy eating and drinking.
2. To give learners a good understanding of a healthy diet that will promote their growth and well-being.
3. To provide healthy eating and drinking options when snacks are provided.
4. To provide healthy and balanced school meals that, where possible, contain sustainable and locally sourced produce.
5. To make strong links in physical education and play, between healthy eating and regular exercise.
6. To build strong and supportive links with parents to carry the education about healthy eating and drinking into the homes and wider lives of the learners.
7. To make good use of the external agencies for healthy eating to support our work.

## **OUTCOMES**

We will do our best to ensure the healthy growth and development of our learners. We will do all that we can to build healthy eating and drinking patterns so that our learners thrive and lead healthy active lives.