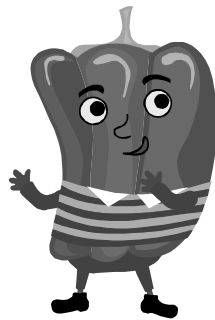


Enniskillen Integrated Primary School

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Nursery Unit



Healthy Eating Policy

Enniskillen Integrated Primary School has adopted this Healthy Eating Policy in a response to concerns raised by both staff and parents to the quality of the food eaten by children.

It has been developed over a number of years with input from parents, staff, outside agencies and the children.

- Fizzy drinks are not allowed in school for any reason. Children are encouraged to drink water, fruit juice and milk.
- Water is encouraged throughout the school day, particularly during class.
- We participate in the "**Smart Snacks**" scheme aimed at our breaktime. Children are encouraged to eat fruit, yoghurt, cereal bars or another healthy snack at this time.
- Chocolate, crisps, sweets, biscuits etc. are not permitted.
- Our school dinner menu is in line with the Nutritional Standards. All children receive a copy of this menu and it rotates on a four week cycle.
- For packed lunches we participate in the "**Munch Box Challenge**". Monday - Thursday no crisps or sweets should be included in lunch boxes.
- Friday has been designated as "**Treat Day**". On a treat day children are permitted **one** treat in their lunchbox i.e. a packet of crisp **or** sweets **or** chocolate.
- **Term 2** - we operate a Breakfast Club.
- **Term 3** - the school has "Fruit Tuck Shop".

2006-2007	EIPS and Nursery Unit awarded the Smart Snack Award
2006-2007	EIPS awarded the Munch Box Challenge