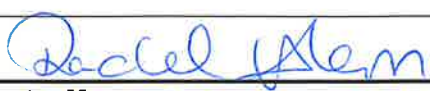
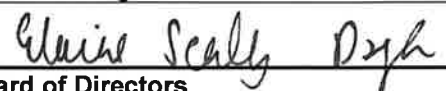
 Killorglin Community Childcare Centre CLG		HEALTHY EATING POLICY			
POLICY NO.:	CCP No. 14	REV. NO.:	8	REV. DATE:	01.04.2025
PREPARED BY:	 Centre Manager			Date: 2/4/25	
APPROVED BY:	 Board of Directors			Date: 15/5/25	

It is the policy of our Centre to promote a healthy lifestyle through healthy eating patterns with an emphasis on the social and enjoyable aspect of mealtimes.

The service will comply with all relevant legislation and best practise in this area including:

- The Child Care Act 1992
- The Child Care (Childcare Centre Services) Regulations 2016.
- HACCP
- Healthy Ireland

Healthy Eating:

- The food provided in our childcare centre is fresh and nutritious and complies with the guidelines given in the food pyramid.
- All individual dietary needs will be met (e.g., allergies, medical, religious or cultural) where possible within the centre. These needs must be expressed in writing and are recorded for all relevant members of staff.
- Children's allergies are recorded in each room for relevant staff
- A care plan will be devised, if deemed necessary, by the child's parent and the manger and such a plan will be displayed and communicated to the relevant staff.
- Water/milk and/or natural juice are provided for children at intervals as necessary during the day.
- Cordial drinks may occasionally be used as an alternative to the above but only on special occasions.
- Where milk is provided for children, it is normally pasteurised and may be full fat or low fat.
- Children are encouraged to enjoy their snack/meal at their own pace.
- Staff will sit with small groups of children to encourage good eating habits, stimulate conversation and enhance the quality of the interaction.
- Flexibility and sensitivity to meet all needs surround the setting of meal/snack times. (i.e., when a child may be hungry - not interrupting the flow of play - hunger accounting for a change in behaviour- an awareness that some children may not have had a breakfast - for whatever reason).
- If a child's eating or drinking pattern varies, the parent will be notified.

- Menus are emailed to parents on a weekly basis.
- Parent/children/staff suggestions are all considered when compiling these menus.
- It is requested that no food from home be brought to the centre except on special occasions such as birthdays and parties or by arrangement with management.
- It may be necessary, by arrangement with management, for a parent to bring food from home to accommodate special dietary requirements.
- The centre cannot permit any parent to bring in cooked food to be consumed by their child on the premises.
- We are asking parents to be aware that it is commonplace for us to have several children with nut allergies and egg allergies. We request that anything that may contain nuts in particular not be brought into the centre.
- Children's birthday parties will be celebrated within each classroom. Parents are requested to adhere to the list of items that are permitted for consumption at these parties. This usually consists of a standard Swiss Roll and some crisps. Please revert to the office for the fore-mentioned list.
- If any Parent/Guardian would like their child to be excluded from part-taking in consuming the confectionary items that will be present during these parties, they must put this instruction in writing addressed to the manager. Staff will endeavour to adhere to such a request as much as is possible.
- Other occasions will arise during the year that will entail Scamps and Scholars organising a party to celebrate an event, e.g. Christmas. A list of such parties will include the following but may not be exclusive to the following - Easter, Halloween, Graduation, Summer break-up, Christmas break-up and our Christmas show or other such shows.
- A full list of potential allergens is posted on the notice board in the downstairs corridor of the centre and is available in other formats on request.