

**POLICY NO.23 HEALTHLY EATING & NUTRITION POLICY****REV: 07 DATE: 22.07.2022**

It is the policy of the 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 2006
- **HACCP**
- **HEALTHY IRELAND**

**HEALTHY EATING:**

- The food provided in Childcare Centre services is fresh, 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.
- Cordell 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 must 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 displayed on notice boards at the centre.
- Parent / children / staff suggestions are all taken into account 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 common-place for us to have a number of 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 & 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 Christmas show or other such shows.
- A full list of potential allergens are posted on the parents notice board in the downstairs corridor of the centre and is available in other formats on request.

### **Food Cloud**

We may engage with the social enterprise that is the “Food Cloud”. This enterprise works with charitable organisations, including us to make available fresh produce that is nearing its best before date.

We will not be aware in advance of what produce we may receive from the scheme. This may require, on accession for the menu set out to be altered to ensure the benefit can be achieved from such a scheme.

Please be assured that such produce is only ever used if it reaches the standard required for the children in our service.

**APPROVAL DATE:** \_\_\_\_\_

**IMPLEMENTATION DATE:** \_\_\_\_\_

**SIGNED:** \_\_\_\_\_

**(On behalf of the Board of Directors)**