



Clann Aire

Healthy Eating Policy

Policy Statement:

It is the policy of Clondrohid Community Crèche, Pre-School and After-School to provide healthy and Nutritious meals for the children attending our full-day care service and to provide different tastes and textures for each child to enjoy. Our service recognises the importance of safeguarding children's well-being through healthy eating habits from a young age. Our mealtimes are treated as an opportunity for social interaction as well as gaining knowledge about nutrition and healthy eating. We have a 4-week menu planner in place at our service to achieve this.

Principle:

This policy is underpinned by the Child Care Act 1991 (Early Years Services) Regulations 2016, the Department of Health Food and Nutrition Guidelines for Pre-School Services 2006 and Tusla's Quality Regulatory Framework.

Food and drink provided by Clann Aire is nutritious and complies with the dietary or religious requirements of all children. Our storage and preparation of food complies with HACCP requirements and staff are trained in food handling.

Our food is purchased through reputable suppliers who comply with food safety practices.

The food suppliers we use are:

- Musgraves food services
- Twomey Butchers Macroom
- Spar, Clondrohid
- Tesco home delivery
- McCarthy Fruit & Veg
- Arán Nah Eireann

For more information regarding the food served to our children here at Clann Aire, we have created a document for parents called "Our Food". This can be found on our website. www.clannaire.com.

Further information regarding our Healthy Eating Policy.

- ❖ We are a **NO NUTS** service.
- ❖ Mothers of children attending our service will be supported if they wish to continue breast feeding their child.
- ❖ Infants will be held upright while bottle feeding, no bottles will be propped up.
- ❖ Formula milk feeds will be measured out already by the parents and ready to use. Our Practitioners are not allowed to make up formula feeds.
- ❖ We work closely with Parents/Guardians when their baby is being weaned, either off breast milk or onto solid feeds.
- ❖ We introduce drinks from a feeding beaker or cup from about six months.
- ❖ We allow children to use their fingers to eat food and children are helped and supported to feed themselves.
- ❖ Children are always supervised when they are eating.
- ❖ We have a 4-week menu planner. The menu will be displayed on our website and communicated to parents on a daily and weekly basis through Child Paths. Our menu will be reviewed regularly.
- ❖ Information regarding what each individual child ate and drank during their day in our service will be recorded on the Child Paths app. Parents who have this app can check in at any time to see how much their child has eaten. If they do not have the app our Practitioners check in with parents on collection.
- ❖ Parents are encouraged to offer menu suggestions or comments.

- ❖ All children will have suitable food available depending on their age, development, and needs, using the recommended servings table as a guide.
- ❖ Full fat milk and water are on offer to the children during mealtimes and throughout the day. Squash and fizzy drinks are not served.
- ❖ Fruit is available to children in between meals if they are hungry.
- ❖ Fresh drinking water is always available and will be accessible to the children.
- ❖ Parents are asked not to send sweets, crisps, and other snack foods.
- ❖ Parents will be told if their child is not eating well.
- ❖ During our Pre-School session, the children have a lunch time in their morning routine. This is an opportunity for the children to set up the tables and enjoy a social occasion while eating a healthy snack with their friends. For more guidance on a healthy snack, please see the Pre-School handbook.
- ❖ Parents of children on special diets or have religious requirements, will be asked to provide as much information as possible about suitable foods.
- ❖ Any children who have a food intolerance or allergy will be highlighted to the kitchen staff, to prevent any cross contamination of food.
- ❖ Parents/Guardians of children with an allergy will be asked to provide up-to-date emergency medication (e.g. adrenaline auto injectors such as an EpiPen/Ana pen) and relieving medication that will be appropriately stored and always available. Practitioners will be trained in their use and what to do in the event of a severe allergic reaction. Medication will be taken on any excursion from the Clann Aire. Please see our Administration of Medication Policy for further information
- ❖ For children attending our service, who have any form of intolerance or allergy towards a certain food type, will have their photograph displayed in the dining room for all Educators to be made aware of. There will also be a procedure displayed for each child, for an Educator to follow in case of an emergency.

Celebrating your Child's birthday at Clann Aire.

Here at Clann Aire we celebrate all the children's birthdays in the Creche, Pre-School and After-School, so please give the Educators a little reminder your child's birthday is coming up. Our celebration includes a special sing song from our Clann Aire birthday bear and a small treat, something which the Educators will deem suitable for the age group and requirements of the children, within the room. We ask you to **PLEASE NOT** bring in a birthday cake for your child. We have children with food intolerances and dietary requirements within each room and every child needs to be included within the celebration of a birthday, so please refrain from bringing in any items of food for this occasion.

A certificate for the "Primary course in the principles and practices of food hygiene" has been awarded to our centre.

This policy was adopted by Clondrohid Community Crèche Pre-School & After School Services.

Signed by: Harriet Murray on behalf of Management (Manager)

Date: 2/09/2024

Review Date: September 2024