

## Sample Healthy Eating Policy

### Statement of Intent

\_\_\_\_\_ promotes healthy eating by providing a well balanced and nutritious diet for all children attending the service.

### Aims

- We have regard for “Food and Nutrition Guidelines for Pre-school Services” by the Department of Health and Children
- We encourage the nutritional and overall well being of all children within the centre
- We support children to develop life long healthy eating practices and a positive approach towards food in partnership with parents.
- We recognise the dietary needs of all children and aim to ensure that all children’s individual and cultural needs are met
- We monitor and review our practice and policy and, if necessary, make adjustments.
- Staff will be encouraged to attend regular training programs around health and nutrition.

### Procedure

#### Meal Times

- Key workers will sit with the children during meal times to encourage conversation and extend interactions
- Encouraging children to make choices, drink and feed themselves during meal times will help to develop each child’s independence
- Meal times are an important social aspect of the daily routine within a childcare setting. They provide opportunities to inform and educate children about nutrition and healthy eating.

#### Snacks

- Parents will be encouraged to promote healthy eating by providing healthy snacks for children
- Suggestions of healthy snacks will be made available for parents at the start of the pre-school year
- Fizzy drinks, sugary snacks or crisps will not be allowed in the pre-school
- Snacks such as fruit, yoghurt, sandwiches or fruit juices will be encouraged as healthy alternatives for children.

#### Meals

- Meals will be well balanced and provide for a wide variety of food from the four main food groups each day:
  1. Carbohydrates (rice, cereal, bread, pasta),
  2. Fruit and vegetables
  3. Dairy products (Milk, yoghurt, cheese)
  4. Meat / Fish / Vegetarian alternatives

- Processed meats such as chicken nuggets, burgers and sausages will be served no more than once a week. If provided, healthier cooking methods such as baking or grilling will be used
- Fizzy drinks will not be served in the centre
- Full fat milk or diluted pure fruit juice will be served with morning and afternoon snacks, water will be served at dinnertime and will be available to the children throughout the day.
- Dessert will be offered after dinner each day and will be fruit or milk based
- Children will be allowed to have dessert regardless of finishing their dinner

### Special Dietary Requirements

- All special dietary requirements will be respected inclusive of dietary needs and cultural dietary habits. Parents will be asked to give details of foods eaten or not eaten by their children.

<b>Date adopted:</b>	
<b>At meeting of:</b>	
<b>Signed:</b>	
<b>Reviewed:</b>	