

## **Food and Nutrition Policy**

Crèche Cois Laoi firmly believes that good nutritious food has a beneficial effect on the development of each child.

### **Aim**

- To ensure in so far as possible, that the food parents supply for their children is nutritious, varied and balanced across all food groups
- To promote healthy eating by promoting healthy recipe ideas in the newsletter, displaying posters on healthy heating in the dining area and engaging children in cooking and tasting healthy meals

As we promote a healthy nutritious diet for children in our care we request that parents who do not avail of the crèche meal service will provide well balanced nutritious meals and food for children in attendance at the crèche. (**Appendix 7**)

Food for reheating should be provided in a microwaveable container.

Mothers' will be supported to continue breastfeeding their babies and are encouraged to do so in the Nursery room or in the Manager's office if they require more privacy

Babies/Infants who are taking Formula Milk will have the Formula provided by the parents and bottles will be made up ready to use. Bottles will be stored in the Nursery room fridge. Staff do not make up Formula Feeds. Babies will be seated in highchairs or held up/placed in upright while feeding.

Water will be available for all children at all times either from their cups or the water fountains provided in the crèche.

All children's food and drinks must be clearly labelled.

Fizzy drinks, chocolate, crisps and sweets are not allowed to be included in the children's diet while in the crèche.

Children's medical and personal dietary requirements are respected and will be catered for on an individual basis and this should be discussed at the time of booking.

### **Crèche Meals Procedure**

Main meals may be ordered from Kylemore Catering. Kylemore catering cooks batches of four menu options for Crèche Cois Laoi. Food provided by Kylemore Catering is nutritious, varied and balanced across the food groups.

Parents must place an order for a dinner before 10.00am on the day they require a meal for their child or preferably the day before. The cost per meal must be paid once the order is placed. The meals will consist of an eight ounce portion.

As a HSE requirement parents who do not wish to avail of the crèche meals service must provide healthy nutritious food for their child for each meal throughout the day. A menu sheet must be completed and left in the child's lunch box for catering staff. The crèche will provide these menu sheets weekly and they are examined by the HSE on inspection. (**Appendix 8**)

*Reviewed and Updated February 2010*