

Healthy Eating Policy

Crèche Cois Laoi is committed to promoting healthy eating and believes good nutritious food is beneficial for children

Aims

- Promote healthy eating patterns
- Prepare food in a safe and hygienic manner
- Develop nutritional awareness amongst children through crèche activities.

General

Crèche Cois Laoi encourages parents to provide children with well balanced healthy and wholesome food instead of convenience options.

Crèche Cois Laoi promotes healthy eating by providing information on the food pyramid servings, samples of weekly meal options, as well as providing recipe ideas for healthy meals in the Crèche Newsletter.

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

The benefits of healthy eating are also incorporated into healthy cooking activities with the children

Opportunities to sample foods from different parts of the world are also incorporated into our cooking activities.

Meal times

- Babies are seated in high chairs or held upright while feeding
- Water is available at all times
- Crèche staff members sit with small groups of children to encourage good eating habits, stimulate conversation and enhance the quality of their social interactions
- Children who eat more slowly will be given plenty of time to eat their meal without being rushed.
- As children grow, we will encourage the children to drink and eat independently and use crockery and cutlery appropriate to their stage of development

Food Safety hygiene

- Crèche Cois Laoi operates a food safety management system based on the principles of HACCP (Hazard Analysis and Critical Control Points)
- All staff involved in food preparation are trained in Basic Food Hygiene
- Food provided by parents must be stored, prepared and presented in a safe and hygienic environment
- Temperature checks are carried out on meals prepared by Kylemore on collection and also when the meals arrive at the Crèche.

- Staff members involved in food preparation are directed to wash hands frequently and in between tasks and to wear a hair net to prevent hairs from falling into the meals
- All food that is reheated is heated to 73°C and a temperature reading is taken to ensure that the correct temperature has been reached before the meal is given to the children
- Food is allowed to cool down sufficiently before being served to the children
- All staff members involved in food preparation are trained in food safety
- Any staff members who are ill do not prepare food for others

Foods for special occasions

For special occasions such as birthday parties or at Christmas time children are allowed a treat of Natural Jellies, fruit and sometimes a Birthday cake.