



Seed to Tree Childcare,
Email: seedtotreechildcare@gmail.com
Web: <https://seedtotreechildcare.ie/>
Phone: 089 274 8118

Healthy Eating Policy

Aims

Seed to tree childcare believes that good health and good food in the early years helps to safeguard children's well-being throughout their lives.

We have regard for "Food and Nutrition Guidelines for Pre-School Services" by the Department of Health and Children.

We support children to develop long life healthy eating practices and a positive approach towards food in partnership with parents.

Mealtimes at the centre will be treated as an opportunity for social interaction as well as laying the foundations about making healthy choices.

Food and drink provided by seed to tree childcare is nutritious and complies with the dietary or religious requirements of all children. Storage and preparation of food complies with HACCP requirements. Staff are trained in food handling and safety. Food is only purchased from reputable suppliers who comply with food safety practices. The food suppliers that we use: Tesco, Dunnes and Lidl

All our meal and snack times are treated as a social occasion, tables are set up with the help of the preschool children, with table cloths, place mats, appropriate cutlery and delph or plastic, depending on the age and abilities of the children. Staff sit with children during meal and snack times.

Our healthy eating policy is based on the following:

We offer a wide variety of foods in seed to tree child care

- Our food and drinks provided are nutritious and complies with the dietary or religious requirements of pre-school children
- We offer healthy food choices and tooth-friendly drinks frequently
- We accommodate special food needs of individual children
- We plan healthy, varied meals and snacks
- We help children learn to eat healthily
- We foster good dental health
- We encourage healthy eating at home

Communicating and Sharing with Parents/Guardians:



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Parents/Guardians: will be informed of this policy and its contents when they enrol their child in Seed to tree child care.

Our food menus are circulated to Parents/Guardians: and displayed on our notice board. The notice board is located in Hallway notice board

- Children's food and drink intake throughout the day will be recorded in the daily diaries, this will be shared with each child's parent/guardian at the end of the day.
- Parents/Guardians: will be advised if their child is not eating well and a plan put in place in cooperation with the parent.
- Recipes and food ingredients will be available to parents. Please ask a member of staff if you require this information.
- Parents/Guardians: will be consulted around the dietary or religious requirements of their child and plans put in place to meet these requirements.
- Parents/Guardians: will be encouraged to offer menu suggestions.
- Parents/Guardians of children on special diets will be asked to provide as much information as possible about suitable foods. In some cases, Parents/Guardians may be asked to provide food themselves.

In circumstances where Parents/Guardians/Guardians/guardians are providing food the following will apply: -

- Healthy eating suggestions will be given out to parents to support them to give their children healthy food options.
- Parents are asked not to send sweets, crisps, biscuits and other snack foods to the pre-school. Parents/Guardians: will be informed if the food they are sending in to the service for their child is not appropriate.
- Parents/Guardians will be given a list of snack suggestions to send in to Named Service for their child.

Food and Drink

- Sufficient, suitable and nutritious food and drink are available to each child depending on their age and needs.
- Where required meals are adjusted for children to cater to their specific dietary requirements e.g. gluten free food
- We offer suitable sized portions in line with safefood's guidelines on Portion Size.
- There is fresh water available to children at all times. Parents/Guardians are informed if they need to send a snack in to the service with their child. Food brought in to the service must be suitable for the child to eat.
- If food brought in to the service by a child is not appropriate, children will be offered a suitable alternative by staff in Named Service.
- Food sent in from home is stored in a refrigerator.



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Menu:

- A menu for the children's meals will be displayed in the service and will include a wide variety of healthy foods. Any changes to the menu will be noted and substitutes will be of equal nutritional value. The menu is alternated on a 3-weekly basis.
- All meals will include appropriate servings of protein, starch, vegetables and iron and will be served with milk and/or water

Older children:

- Full fat milk or water will be served with morning and afternoon snacks. A low-fat or semi-skimmed milk option will be available at Parents/Guardians' request for children over 2 years of age, who eat a varied diet.
- Potable drinking water will be available at all times and will be accessible to the children.
- Fizzy drinks, fruit squash and other high sugar drinks will not be provided.
- Children will have access to crackers or fruit if they are hungry between scheduled meal and snack times.
- A weekly menu will provide the children with varied foods. A 3-week menu will be on display in advance.
- All children will have suitable food available depending on their age, development and needs, using the recommended portion sizes as a guide.
- Staff will sit with the children when they eat and encourage good eating habits.
- Birthday party food will be discussed in advance with the staff and Parents/Guardians. We ask Parents/Guardians not to send in cakes for birthdays.
- All food in the pre-school is stored, prepared and served using good food safety practices.
- Staff receive training in relation to healthy eating and food safety.
- Children are supervised at all times when they are eating

Food allergies and food intolerances (including coeliac disease):

Staff must be made aware if any of the children have any allergies or intolerances including, but not limited to:

- Peanuts and tree nuts
- Wheat (gluten)
- Sesame seeds
- Fish and shellfish
- Dairy products
- Eggs
- Soya
- Penicillin and other drugs

Any of these legislated food allergens used in the service food will be noted on the menu board to inform Parents/Guardians.



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Food allergy prevention measures:

Care will be taken to prevent accidental consumption of foods to which a child may be allergic or intolerant. Seed to tree child care will exclude food products if a child has a severe allergy.

A child-specific written allergy/intolerance management plan will be available. A chart will be kept in each room with the name/photo of the child and the allergy type.

- When preparing food for the food allergic/intolerant child, great care will be taken to prevent any contamination with the food allergen they have to avoid.
- Parents/Guardians/guardians will be asked to provide up-to-date emergency (e.g. adrenaline auto injectors such as EpiPen/Anapen/Jext) and relieving medication that will be appropriately stored and always available.
- Staff will be trained in their use and what to do in the event of a severe allergic reaction.
- All care elements will apply when the allergic/intolerant child is taken on any excursion from the early childcare setting.

Last Review Date of this policy: 11-Jul-2024

Signed: Pooja Patidar

Date: 11-Jul-2024

Name: Pooja Patidar

Person responsible for approving the Policy.