



## John Scottus Pre-School

### Healthy Eating Policy

This policy will be available to view and examine by all members of the school community: Parents, Staff, Board of Management and Trustees. They will be available for inspection in the Pre-school classroom in Old Conna, Ferndale Rd, Rathmichael Co Dublin and on our School website.

Child Care Act 1991 (Early Years Services) Regulations 2016 ([Síolta Standard 9: Health and Welfare](#)) ([National Standard 9: Nurture and Well-Being](#), [National Standard 13: Food and Drink](#))

#### **Statement of Intent:**

The service promotes healthy nutritional choices for our children. We feel it is important at this young age to introduce and educate our children about good nutrition and the health benefits of eating well. Allergens in food we provide will be listed as under Food Information for Consumers (FIC) Regulation (EU) No 1169/2011 (S.I. No. 489 of 2014). It is also our intention to ensure that good food hygiene practices are in place in line with relevant legislation.

#### **Policy and Procedure:**

***Adults always sit with the children and supervise them when eating and drinking snacks or meals.***

- Children are provided with healthy vegetarian snack and lunch.
- Some children are allergic to nuts. We request that parents/guardians do not bring nuts into our Pre-School.
- Our staff keeps a note of what your child has eaten during the day. This allows us to ensure that your child's nutritional needs are being met on an ongoing basis.

- Food is appropriate to the ages, development and needs of children.
- Food portions will be age and stage appropriate.
- A Menu planning sheet will be used weekly to plan meals listing ingredients and allergens.
- Meal/snack times are used as an opportunity to encourage good social habits.
  - Whenever possible children and staff eat together.
  - Good table manners will be encouraged.
  - Children will also be engaged in conversation if they wish.
  - Children that are slow eaters will be given time to eat and not rushed.
  - Children will be encouraged to sit down when eating and/or drinking.
- Age and stage appropriate feeding equipment such as knives, forks spoons etc. are always available.
- Allergens in food we provide will be listed as under Food Information for Consumers (FIC) Regulation (EU) No 1169/2011 (S.I. No. 489 of 2014)
- Children with allergies and special diets will be carefully supervised. Staff are fully aware of all allergies within the setting.
- Children will be encouraged to help tidy up after snack time.
- Cultural and religious dietary habits are respected. Parents/guardians are requested to provide details of foods that children can or cannot eat.
- Healthy eating is promoted through an arrangement of activities for the children including play, stories, music, cookery etc.
- Drinking water and small snacks are available throughout the day (in between scheduled meals).

**Important Note:**

- If a child expresses that they are hungry, we will ensure they have a snack.
- Staff are required to inform parents of what the child has eaten during the day and especially if their child has not eaten well.
- Parents are advised on safety and nutrition in relation to healthy lunches and snacks.
- Meal/snack-time should be engaged with in a positive way with the children. Staff must not use any negative association with food at any time with the children.

**Meals:**

- Fresh fruit is always available
- Special therapeutic dietary needs are respected. Parents/guardians are requested to give us a copy of the diet sheet provided by their dietician.

### **Food Labelling and Allergen Information:**

**Food Information for Consumers (FIC) Regulation (EU) No 1169/2011 (S.I. No. 489 of 2014)** stipulates that food allergen information for non-prepacked food must, as a minimum, be provided in written format.

The allergens in **any** meals, snacks and any food consumed in activities such as baking will be listed and parents/guardians made aware of before the food is consumed. Each meal or snack will indicate if any of the 14 (required) allergens **are** present.

Our weekly/daily menu plans contain the allergen information and that they are displayed in on the parent's notice board and are available to parents/guardians.

### **Rewards and Special Occasions:**

Praise and attention are used to help develop children's self-esteem and to act as a positive reward for good behaviour. Food, e.g. sweets, should not be used as reward.

Parents/guardians may send in birthday cakes. Cakes should be in individual portions (e.g. small cup cakes) and not need to be cut up by staff. The cake should not contain nuts, as some children are allergic to nuts.

**Activities:**

Healthy eating is promoted through an arrangement of activities for the children including play, stories, music, cookery etc. The service participates in special campaigns and initiatives where appropriate. The implementation of this Healthy Eating Policy will not only relate to the provision of healthy foods and drinks in the service, in order to promote the nutritional and general wellbeing of the children, but it will also address food related activities involving the children which should encourage and enable them to make healthy choices in the future.

**Food Hygiene**

The Management shall ensure that there are:

- Adequate and suitable facilities for the storage, of food.
- Adequate and suitable eating utensils, hand washing, wash-up and sterilising facilities are provided.
- All waste and other refuse must be stored hygienically, and disposed of frequently and hygienically and in such a manner as not to cause a nuisance.
- The service will follow the food hygiene standards required under the Child Care Act 1991 (Early Years Services) Regulations 2016 throughout the service as 'best practice'.

**Policy and Procedure:**

Those responsible for preparation of food should fully comply with hygiene, storage and waste disposal regulations. The person cooking the food must have completed HACCP training. A number of staff should have completed food handling training.

**Kitchen Hygiene:**

- Work surfaces should be thoroughly cleaned with disinfectant after each meal preparation.
- People who are unwell should not prepare food for others.
- Cover cuts and sores with waterproof dressings.
- Tea towels and dishcloths should be boil-washed daily.
- Carers should always wash their hands with soap and water before preparing food, between handling raw and cooked foods, before helping children to eat and after toileting children or changing nappies or blowing their nose.
- It is also important that children are taught basic hygiene themselves, for example, not eating food that has fallen on the floor, washing their hands with soap and water before meals and after going to the toilet.
- Uneaten food should be removed from the table and disposed of.

**Food Storage:**

- Do not leave perishable food at room temperature for more than two hours. Perishable food brought from home, including sandwiches, should be kept in a fridge or cool place below 5°C.
- Cool leftovers as quickly as possible. Cover and, when steam has evaporated, put in the fridge. Avoid putting large quantities of warm food in the fridge as it raises the temperature of the whole fridge.
- Cover foods in the fridge.
- Eggs should be kept in the fridge, separate from other foods.
- Food stocks should be rotated and food beyond its 'use by' date discarded.
- Do not leave food in cans or packaging once opened, empty into another container for storage.
- Do not re-freeze foods.
- Wash fridge frequently.

**Mealtime Practises:**

- Ensure that staff and children wash their hands before meals.

- Use serving utensils when serving the children food including snacks.
- **Never** blow on or taste the children's food.
- Never give the children food that is too hot. Let it cool before serving it to them.
- Help and encourage the children to eat their meals. Do not force or demand that a child eats their food. Use positive encouragement in a relaxed manner.
- Ensure that mealtimes are enjoyable experiences for the children.
- Teach the children table manners and etiquette. Show them how to use cutlery correctly.
- Never let one child eat another child's food to prevent allergies or cross contamination.
- Clean up the eating area after each meal. Clean down the table etc with a clean cloth, using the anti-bacterial spray.
- All dishes, cutlery, cups/beakers should be washed in the dishwasher.
- Children will wash their hands after each meal. Clean children's faces as necessary.

HACCP stands for 'Hazard Analysis Critical Control Point'. It is an internationally recognised and recommended system of food safety management. It focuses on identifying the 'critical points' in a process where food safety problems (or 'hazards') could arise and putting steps in place to prevent things going wrong. This is sometimes referred to as 'controlling hazards'. Keeping records is also an important part of HACCP systems.

### **FOOD INGREDIENTS THAT MUST BE DECLARED AS ALLERGENS**

Substances or products causing allergies or intolerances as listed in Annex II of Food Information for Consumers (FIC) Regulation (EU) No 1169/2011 (S.I. No. 489 of 2014)

**ALLERGEN:**

**CONTAINED IN:**

**(this list is not exhaustive and is meant to be a guide)**

<b>Cereals containing gluten:</b>	Flour and products made with wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof, <b>except:</b> (a) wheat based glucose syrups including dextrose (b) wheat based maltodextrins (c) glucose syrups based on barley (d) cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin
<b>Crustaceans and products thereof:</b>	<a href="#">Lobsters</a> , <a href="#">crabs</a> , shrimp, prawns etc.
<b>Eggs and products thereof:</b>	Mayonnaise, cakes, biscuits
<b>Fish and products thereof:</b>	Fish cakes, fish fingers <b>except:</b> a) fish gelatine used as carrier for vitamin or carotenoid preparations (b) fish gelatine or Isinglass used as fining agent in beer and wine
<b>Peanuts and products thereof:</b>	Peanut butter, Arachis oil Arachis, some cakes, biscuits and chocolate
<b>Soybeans and products thereof:</b>	Soy sauce, Tofu, soya milk, meat substitute products, <b>except:</b> (a) fully refined soybean oil and fat (b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, and natural D-alpha tocopherol succinate from soybean sources (c) vegetable oils derived phytosterols and phytosterol esters from soybean sources (d) plant stanol ester produced from vegetable oil sterols from soybean sources
<b>ALLERGEN:</b>	<b>CONTAINED IN:</b> <b>(this list is not exhaustive and is meant to be a gui</b>
<b>Milk and products thereof (including lactose):</b>	Yogurt, cheese, fromage frais, <b>except:</b> a) whey used for making alcoholic distillates including ethyl alcohol of agricultural origin (b) lactitol
<b>Nuts:</b>	Cakes, biscuits, almonds ( <i>Amygdalus communis</i> L.), hazelnuts ( <i>Corylus avellana</i> ), walnuts ( <i>Juglans regia</i> ), cashews ( <i>Anacardium occidentale</i> ), pecan nuts ( <i>Carya illinoensis</i> (Wangenh.) K. Koch), Brazil nuts ( <i>Bertholletia excelsa</i> ), pistachio nuts ( <i>Pistacia vera</i> ), macadamia or Queensland nuts ( <i>Macadamia ternifolia</i> ), and products thereof, <b>except</b> for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin

<b>Celery and products thereof:</b>	Soups, stews, stocks, bouillons and seasonings.
<b>Mustard and products thereof:</b>	Mayonnaise, soups, stews, stocks, bouillons and seasonings.
<b>Sesame seeds and products thereof:</b>	Cakes, biscuits
<b>Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO<sub>2</sub> which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers:</b>	Bakery goods, soups, jams, canned veg, pickled foods, vinegar, gravies, dried fruit, potato crisps, vegetable juices, sparkling grape juice, beer, wine cider, bottled lemon/lime juice, tea, many sauces (tomato ketchup etc.) molasses, fresh and frozen prawns, guacamole, maraschino cherries, dehydrated, pre-cut or peeled potatoes.
<b>Lupin and products thereof:</b>	A legume belonging to the same plant family as peanuts used in gluten-free products
<b>Molluscs and products thereof:</b>	Shell fish e.g. clams, scallops, oysters, octopus, squid