HEALTHY EATING POLICY

Principles

As highlighted by the Health Promotion Agency for NI (2016) "Diet is central to health and children's diet is an important influence on their health now and in the future".

Policy Statement of Intent

Mallusk Community Playgroup is committed to promoting children's health and to encourage healthy eating habits. We adhere to the Department of Education's Healthy Food for Healthy Outcomes – Food in Schools Policy and the Health Promotion Agency for Northern Ireland Nutritional Standards for other Food and Drinks in school, A guide for Implementation.

The implementation of this Healthy Eating Policy will not only relate to the provision of healthy foods and drinks within the setting, in order to promote the nutritional and general well-being of the children, but it will also address food related activities involving the children which should be encouraged and enable them to make healthy choices in the future.

Procedures

The playgroup will therefore endeavour to provide a break, which is healthy, nutritious and help to provide children with the energy and nutrients they need. We will do this by:

- Providing a well-balanced and nutritious break for children, each morning.
- Semi skimmed milk and chilled water will be available at snack and chilled water is available all day.
- Special dietary needs are respected. Parents are requested to inform the playgroup of any special needs or allergies that their child may have.
- Cultural dietary habits re respected. Parents/carers are requested to provide details of foods eaten by their child.

Break items that will be served

A variety of fruit and vegetables to include:

- ✓ All varieties of fresh fruit
- ✓ Fresh fruit salad
- ✓ Fruit tined in natural juices
- ✓ Vegetable sticks, such as carrots celery, peppers and cucumber.

A variety of bread items to include:

- ✓ Wholemeal bread
- ✓ Half and half bread
- ✓ White bread
- ✓ Wheaten
- ✓ Pancakes
- ✓ Crusty bread
- ✓ Bagels
- ✓ Soda bread
- ✓ Bread rolls
- ✓ Plain/wholemeal scones

- ✓ Breadsticks
- ✓ Crackers
- ✓ Bread muffins

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. This supports and does not conflict healthy eating principles. For example, sweets and fizzy drinks are not given as rewards.

Celebrations of birthdays and other special occasions, e.g. Easter, Christmas etc. focus on the sense of the special occasion rather than simply the provision of rich, sugary food and drinks.

Lunches

Parents are encouraged to send in a healthy lunch with their child.
Items for healthy lunch are detailed in the Parent's Booklet.

Activities

Healthy eating is promoted through a range of activities for the children, including play, stories, music, outings, cookery etc..
The playgroup will participate, when invited, in special campaigns and initiatives such as healthy eating campaigns, healthy break awards etc

This Policy was Renewed and Adopted by Mallusk Community Playgroup on: _____

SIGNED: _____ Date: _____

REVIEWED ON:	SIGNED: