



HOLY TRINITY ENNISKILLEN

Pre-School Child Healthy Eating /Menu planning Policy

Policy approved by Board of Governors

Dated

Signed

Review Date

HOLY TRINITY PRESCHOOL

The UN convention on the right of the child (1991) states:

'Children have the right to be as healthy as possible, live and play in a safe, healthy unpolluted environment and benefit from preventive health care and education'

Holy Trinity Pre-School is committed to promoting children's health and nutrition and helps provide children with the energy and nutrients they need.

Snack

A healthy snack is provided daily which is nutritious and helps provide the children with the energy and nutrients they need. E.g. Fruit, Milk, Water, Yoghurts.

Meals

Preschool Centre: well balanced and nutritious meals are provided for the children. A variety of foods is selected from each of the four main food groups each day by the WELB school meals department and prepared by school canteen for those children who wish to remain after the end of Pre-School session. The menu takes into account any specific cultural or medical needs of the children and is available to parents.

Reward 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.

On special occasions the focus will be on the occasion rather than providing fatty or sugary foods or drinks.

Activities

Healthy eating is promoted through a range of activities for the children including play, stories, music, outings, cookery etc.

The Pre-School participates in special campaigns and initiatives such as dental

programmes, Smart Snack Awards, 3,2,1 Time to Brush.

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 wellbeing of the children, but it will also address food related activities involving the children which should encourage them to make healthy choices in the future.