

Teach Leanbh



HEALTHY EATING

The early years of a child's life are critically important for the formation of good lifestyle habits, including a positive attitude towards healthy eating. At Teach Leanbh, we promote and encourage healthy eating. Healthy eating habits started in childhood will stay with your child forever. The choices we have made preparing their menus will influence their chance of a healthier life in years to come. Children grow and develop fast, so they need a high quality, varied diet, with a good balance of energy, protein, vitamins and fibre. Healthy eating is about having a varied balanced diet and enjoying lots of different food. We use a good working knowledge of the food pyramid in preparing our menus.

The Healthy Food Pyramid is a fun way of teaching your children about the different food groups. The pyramid is divided into five shelves, each representing a different food group. Choosing a variety of foods from each shelf ensures that your children have a balanced and healthy diet. You should select most of your children's food from the bottom two shelves of the Healthy Food Pyramid. Smaller amounts of food should be chosen from the next two shelves, while food at the top of the pyramid should be eaten sparingly.

Children in full day care in Teach Leanbh receive breakfast, 2 meals and 2 snacks.

What are our meals?

Our meals contain at least one serving from each of the four bottom shelves of the food pyramid. Carbohydrate group, Protein group, Fruit and the Vegetable shelf?

What are our snacks?

Our snacks contain food from at least 2 shelves of the four bottom shelves of the food pyramid i.e. Protein and Carbohydrate, Carbohydrate and Dairy, Fruit, Vegetables and Carbohydrate, Dairy and Fruit/Vegetables.

The following menus have been developed; keeping in mind, any special dietary requirements and special emphasis is placed on being culturally aware. We follow this by involving parents from different cultures to give a demonstration, with the possibility of including this in our menu; this to date has been a huge success.

At Teach Leanbh, we operate the HACCP system, where there is traceability and accountability, ensuring all food used at Teach Leanbh is of top quality and presented to our children at quality standards. To ensure this, all staff receives training in food handling, ensuring a quality service for our children. We continually involve parents, staff and children in our menu selection.

Children in our daycare should receive 70% of their daily food in the service. Thus, the importance of our daily food (service) selection.

ENVIRONMENT

The fact that families have brought each of their children to the service is verification of the degree of trust they have in the care provided at Teach Leanbh. There are families who have been coming to us since the establishment of the facility, ones who have returned to of course new families and us. We value the respect that each family has in us and continually work to maintain and even better our performance. A Home from Home as described by one of our parent is a huge compliment, which all in Teach Leanbh value.

Our centre worked for and achieved an "All Ireland Centre of Excellence" award, an Enterprise Award, an Outstanding Achievement Award for our Montessori Centre, a Platinum Award for our Healthy Eating Incentive from Tusla, we were chosen as the centre to be involved in the development of the Practice Guide by Safe Food for pre-schools on Healthy Eating. At present we are involved in the Aistear in Action program with the Early Years. We have also developed a Sensory Garden in 2014.

When creating our Home from Home, parents, staff and children work in a harmonious setting where everyone's input is valued. Staff, parents, and children work together to create a healthy promotion policy, which is visible in the hallway. When drawing up this policy, physical activities, food practice, nutrition practice, dental health and confidence building are all taken into account. It is prepared using the whole school approach, which we evaluate and review regularly.

The physical environment is bright, airy and spacious; it is aesthetically pleasing to the eye. The layout is spacious and its layout is such that it allows free flow for staff and

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children. There is sufficient space indoors for physical, active movement and we have a specially constructed Gross Motor Room.

The entrance hall will greet you with its colourful display of our Healthy Incentive Project. Included is our policies, on our whole school, healthy eating policy, menus, physical play, outdoor timetable, hygiene, healthy options and photographic evidence of our children, on view for parents, staff and potential customers.

All of the rooms are laid out with evidence of at least 3 food related materials, which are visible for all to see and experience that healthy eating is not just talked about, it is an everyday experience. Fruit bowls and water stations are in each of the rooms for our children to enjoy.

Outdoors has both man-made and natural surfaces for physical play to allow for agility and enjoyment. Our walks outdoors allows safety and enjoyment for our daily nature walks.

All staff on induction are taken through our policy on our healthy eating incentive. Staff are given formal training on food handling and HACCP, which ensures food reaching our children is of the highest standard. Staff take time to sit with children at meal times and experience different food textures themselves. Staff are involved at every aspect of our project to the drawing up of our menu, timetable for physical play, walk/outdoor time, dental, hygiene and our healthy reward system. Staff present food in such a way, taking into account that we are encouraging children to self-help themselves and to encourage a family style service.

Children

Children attending Teach Leanbh are encouraged to practice a family style food service, where adequate time is allowed for meal times. Children are encouraged with good hygiene practice of washing hands before meal times, setting the table and serving themselves. Children and staff sit together in a homely style that provides encouragement and confidence to children, to experience new tastes and to feed themselves. Conversation flows, which gives a holistic experience to our environment. Tables have tablecloths and flower dressing to enhance the atmosphere.

ACTIVE LIFE STYLE

“To aid life leaving it free to unfold itself is the basic task of an educator.”

The Ethos of Teach Leanbh is that we want to develop the whole child prospective; where diet, physical play, educational needs and hygiene all take equal importance. We strive to ensure that each child's individual needs are met. It has been said that the more play experience we have, as a child will support us in later life. Thus, the importance of ensuring that children have an active outdoor lifestyle.

It promotes:

Healthy weight

Healthy bones

Psychological wellbeing

Helping children to become strong and healthy, develops self-esteem and therefore encourages children to have a go at new activities. Children naturally learn so many skills through play e.g. Communication, socialising, thinking, movement and imitating.

At Teach Leanbh we are fortunate to have a rural setting, where we have the opportunity for long walks, at least 3 times daily and opportunities to enjoy the nature of the countryside. A timetable has been developed to ensure that children have opportunity for physical play daily (indoor/outdoor.) A Gross Motor room has also been constructed, to support children's play. Rainproof clothing, Wellingtons and coat's are available for children on rainy days.

HYGIENE, DENTAL HEALTH, Healthy Lunches

It is the policy of Teach Leanbh to promote good personal hygiene. All staff act as good role models. Children are encouraged in the practice of washing their hands from an early age. Visual displays are to be seen throughout the centre, on hand washing and good personal hygiene practice. We promote good hygiene practice at meal times, toileting, after exercise and after activities.

At Teach Leanbh, we promote the policy that the more you look after your teeth the longer you hold on to them. We empower children with the knowledge of being sugar smart and in doing so being kind to their teeth. We promote best drinks for teeth. - milk and water are the

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best drinks for our teeth, which you can have anytime without damaging your teeth. We support children with usual aids and practical demonstrations on how to keep their teeth clean and we at Teach Leanbh do not use sweet treats as a reward system, only healthy options e.g. Fruit bowls and cheese boards are available freely to children throughout the day.

Our policy is Healthy Toothy Drinks
Deochanna Sláinliúla d'Fhiacla

At Teach Leanbh, healthy eating is a very important part of our ethos and daily routine. Pre school is the perfect time for children to learn about healthy food, bodies and activities that will support them with good health, fitness and attitudes towards nutritious food. Children need a wide variety of food for a well-balanced diet, which we continuously promote at Teach Leanbh, but healthy eating and attitudes toward food, initially, begin at home where children form their attitudes towards all aspects of life under the guidance of their parents. Having a healthy packed lunch, from home, is a great way for your child to learn about healthy food.

A child's success in many areas, including school, can be affected positively or negatively by having a healthy lunch and the benefits to eating healthy, should not be taken for granted when considering what our children are eating for lunch. Packing a healthy lunch, for your child or advocating healthy eating, will benefit your child in many ways not just now, but for the rest of their life.

Kids Health reports that one in three children is overweight or obese. With this increase in child obesity, we feel that it is important to work together with parents, by considering what our children are eating for lunch and how to make sure that they have adequate nutrition. This will lead them to make healthy choices.

By promoting healthy lunches and practicing healthy eating, we aid our children in maintaining a healthy body weight and having less risk of developing chronic health problems i.e. diabetes or cardiovascular disease.

Healthy Lunch Ideas

At Teach Leanbh we only promote:
HEALTHY LUNCHES.

We ask all parents to aid us in developing healthy eating practices, by ensuring that children's lunch boxes only contain:

Sandwiches / pitta bread with cheese, lean meat and salad. Low-Sodium cheeses, crackers with spread.
Washed and cut up raw vegetables / fruit.
Unsweetened Natural yoghurt.
Plain water and milk.

Lunch boxes should not contain:

Highly processed, sugary, fatty and salty foods.

Processed meats / cheeses / foods.

Crisps, salted / sweetened popcorn, sweets, cakes, biscuits.

Breakfast / fruit bars.

Yoghurts / fruit tubes (except 100% unsweetened Natural yoghurt)

Cordials, sweetened juices and soft drinks.

FLUID INTAKE

At Teach Leanbh, it is our policy to ensure that children attending our service are having enough liquid everyday.

Fluid Rules to be Cool

Having enough liquid everyday is very important for you. Being tired, not able to concentrate or having headaches are all signs that you are not drinking enough. At Teach Leanbh, we have water stations in each room, visible and accessible for children. Milk and tap water are the drinks offered to children in our service. At least 6 water drinks are offered during the day, milk, and water at meals and snack times.

Studies have shown that drinking lots of liquid improves how children are and how good they are at exercising concentration levels and general wellbeing. We encourage babies from 6 months to drink from a cup without a lid. A cup without a lid is the best chance of encouraging your baby to develop a sipping action when drinking, which encourages speech and language development, independence and sociability.

HEALTHY REWARD SYSTEM

A poster is available in each room.

It is the policy of Teach Leanbh that there is a healthy reward scheme in operation. Fruit and vegetables are provided as treats during the day. No food from the top of the food pyramid is provided at Teach Leanbh, as either a reward or an incentive. Fruit is available in all

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rooms during the day. In the evening healthy options are available in the hallway for the children to take.

This was drawn up in consultation with the parents and Teach Leanbh staff:

Margaret Connell
Bronagh Sheridan
Laura Connell
Bernadette Doherty
Laura McNally
Ciara Jones
Marcela Valentova
Tara Lennon
Catherine Duffy

The next Annual Review date in January 2019

Policy No. 7c Nutrition - Healthy Eating Policy Statement

It is the policy of Teach Leanbh to promote a healthy lifestyle through healthy eating, by encouraging children to eat nutritious food during dinner and snack times.

- Food provided in Teach Leanbh should be fresh, nutritious, balanced across the food groups and varied.
- It is the policy of Teach Leanbh that there is no sweets, crisps, chewing gum, nuts, popcorn etc. There is a healthy reward system in place.
- The owner/manager is responsible for keeping up to date with current regulations regarding additives etc. in foodstuff. Contact your local health promotion unit.
- All individual dietary needs must be met, (e.g. allergies, medical, religious or cultural). It is good practice to record these for all members of staff.
- Where milk is provided for children it must be full cream and pasteurised.
- Flexibility and sensitivity to meet all needs must surround the settings of meal/snack times (e.g. when a child may be hungry, not interrupting the flow of play).
- Adults should preferably sit with small groups of children to encourage good eating habits, stimulate conversation and enhance the quality of the interaction.
- If a child's eating or drinking patterns vary the parent must be notified.
- There is a 4 weekly menu rotated.
- If a parent is breastfeeding, provision is made to facilitate this.
- All staff will be trained in food handling.
- Teach Leanbh operates the HACCP system for food

handling and preparation.

- Teach Leanbh is part of the HIP -Healthy Incentive Project, run by the Tusla.
- Information about Healthy eating at Teach Leanbh can be found on our notice board by the main door at the front of the building.
- This policy was adopted by Margaret Connell
Date 31st July 2013

Healthy Eating – Teeth Cleaning & Personal Hygiene Policy Statement

In partnership with parents and our Better Start Programme, we provide for opportunities for teeth cleaning and self-grooming within the daily routine in our centre.

In consultation with parents and guardians:

- Children are invited to take part in teeth cleaning and self-grooming.
- Parents provide a toothbrush, toothpaste, personal grooming items in a personal labelled kit.
- Toothpaste must contain at least 1000parts per Million Fluoride – ppmF for 2year olds upward
- A health professional will provide training on proper procedure for teeth cleaning, if possible, involving parents with this knowledge and skills will be encouraged.
- Props, Role Play and posters will be provided to support children's learning.
- Hand washing by staff and children will be encouraged and incorporated
- A designated area will be used and cleaned afterwards

Procedure for Teeth Cleaning

Staff wash Hands before teeth cleaning.
Clean area before use with warm water and detergent.
Re-wash hands, use disposable gloves - by adults.
Child's hands are washed before procedure.
Child is supported with teeth cleaning.
When completed, staff remove gloves and wash hands.
Clean down area with warm water and detergent.
Staff washes their hands.
Child washes their hands.

Teach Leanbh do not use sweet treats as a reward system, only healthy options e.g. Fruit bowls and cheese boards are available freely to children throughout the day.
Our policy is Healthy Toothy Drinks
Deochanna Sláinliúla d'Fhiacla

This Policy was developed and adopted by Margaret Connell
Date 30th January 2017

Menu 1

11th July 2017

Mealtime	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal Porridge Fruit Water/Milk	Choice of cereal Porridge Fruit Water/Milk	Choice of cereal Porridge Fruit Water/Milk	Choice of cereal Porridge Fruit Water/Milk	Choice of cereal Porridge Fruit Water/Milk
Contains Allergens	Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten, Milk
Morning Snack	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk
Contains Allergens	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery
Dinner	Boiling Bacon Cabbage Mashed Potatoes Parsley Sauce Fruit salad	Chicken Stew Carrots Parsnips Potatoes Fruit Salad	Tuna Bake Broccoli Potatoes Fruit Salad	Lasagne Mixed Veg Potatoes Fruit Salad	Irish Stew(lamb) Turnips Carrots Potatoes Fruit Salad
Contains Allergens	Milk	Milk	Milk, Fish	Eggs, Gluten, Milk, Celery	Gluten
Tea	Scrambled Egg Toast Brown/White Bread Ham/Cheese Yogurt Fruit salad Milk/Water	Wrap Brown/White Bread Ham/Cheese Sweetcorn Sliced Apples Milk/Water	Homemade Vegetable Soup Homemade Scones, Brown/White Bread Ham/Cheese Sliced Cold Meat Milk/Water	Sandwiches Brown/White Bread Ham/ Cheese Cherry Tomatoes Carrot Sticks Milk/Water	Tuna Bake Pasta Brown/White Bread Ham/ Cheese Rice pudding Stewed apple Milk/Water
Contains Allergens	Gluten, Milk, Celery, Eggs	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery, Fish
Snack	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk
Contains Allergens	Milk	Milk	Milk	Milk	Milk

Signed:

Menu 2

11th July 2017

Mealtime	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal Porridge Water/Milk	Choice of cereal Porridge Water/Milk	Choice of cereal Porridge Water/Milk	Choice of cereal Porridge Water/Milk	Choice of cereal Porridge Water/Milk
Contains Allergens	Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten, Milk
Morning Snack	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk
Contains Allergens	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery
Dinner	Roast Chicken Carrots/Parsnips Potatoes Gravy Fruit Salad	Savory Mince Green Peas Sweetcorn Potatoes Fruit Salad	Tuna Bake Cabbage Potatoes Fruit Salad	Beef Stew Mixed Veg Potatoes Fruit Salad	Fish Bake Broccoli Carrots Fruit Salad
Contains Allergens	Milk	Milk	Milk, Fish	Milk	Milk
Tea	Cold Meats Pineapple Bread & Butter Pudding Brown/White Bread Ham/Cheese Water/Milk	Wrap Chicken, Cheese Sweetcorn Cherry Tomatoes Brown/White Bread Ham/Cheese Water/Milk	Poached Eggs Soldiers Grilled Rashers Brown/White Bread Ham/Cheese Water/Milk	Fish Cakes Custard Apple Brown/White Bread Ham/Cheese Water/Milk	Toasted Tuna Salad Sliced Apple Brown/White Bread Ham/Cheese Water/Milk
Contains Allergens	Milk, Gluten, Celery	Gluten, Milk, Celery	Eggs, Gluten, Milk, Celery	Gluten, Milk, Celery, Fish	Gluten, Milk, Celery, Fish
Snack	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk
Contains Allergens	Milk	Milk	Milk	Milk	Milk

Signed:

Menu 3

11th July 2017

Mealtime	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal Porridge Water/Milk	Choice of cereal Porridge Water/Milk	Choice of cereal Porridge Water/Milk	Choice of cereal Porridge Water/Milk	Choice of cereal Porridge Water/Milk
Contains Allergens	Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten, Milk
Morning Snack	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk
Contains Allergens	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery
Dinner	Beef Casserole Broccoli, Carrots Potatoes Fruit Salad	Savory Mince Mixed Veg Potatoes Fruit Salad	Spring Lamb Stew Mashed Potatoes Mixed Veg Fruit Salad	Chicken Curry Vegetables Potatoes Fruit Salad	Bacon Cabbage Mashed Potatoes White Sauce Fruit Salad
Contains Allergens	Milk	Milk	Milk	Milk, Mustard	Milk
Tea	Carrot & Potato Soup Brown Roll Cold Meats Brown/White Bread Ham/Cheese Fruit Salad Water/Milk	Scrambled Eggs Toasted Soldiers Cheese on Toast Brown/White Bread Ham/Cheese Sliced Apple Water/Milk	Milk Pudding Stewed Apple Cold Meats Brown/White Bread Ham/Cheese Fruit Salad Water/Milk	Homemade Oven Baked Wedges Baked Beans Brown/White Bread Ham/Cheese Fruit Salad Water/Milk	Toasted Ham/Cheese French Salad Brown/White Bread Ham/Cheese Water/Milk
Contains Allergens	Gluten, Milk, Celery	Eggs, Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery
Snack	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk
Contains Allergens	Milk	Milk	Milk	Milk	Milk

Signed:

Menu 4

11th July 2017

Mealtime	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal Porridge Water/Milk	Choice of cereal Porridge Water/Milk	Choice of cereal Porridge Water/Milk	Choice of cereal Porridge Water/Milk	Choice of cereal Porridge Water/Milk
Contains Allergens	Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten, Milk
Morning Snack	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk	Sandwiches Ham/Cheese Fruit Water/Milk
Contains Allergens	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Celery
Dinner	Roast Beef Mixed Vegetables Roast Potatoes Fruit Salad	Roast Chicken Vegetables Potatoes & Gravy Fruit Salad	Tuna/Salmon Bake Broccoli Potatoes Fruit Salad	Spring Lamb Sweetcorn Veg & Potatoes Fruit Salad	Spaghetti Bolognese Mixed Vegetables Potatoes Fruit Salad
Contains Allergens	Milk	Milk	Milk, Fish	Milk	Milk, Gluten
Tea	Homemade Vegetable Lasagne Cold Meats Sliced Apple Brown/White Bread Ham/Cheese Water/Milk	Rice Pudding Stewed Apple Cherry tomatoes Cold Meats Brown/White Bread Ham/Cheese Water/Milk	Poached Eggs Grilled Rashers Soldiers Brown/White Bread Ham/Cheese Water/Milk	Egg Sandwiches Meat Sandwiches Fruit Salad Brown/White Bread Ham/Cheese Water/Milk	Homemade Vegetable soup Brown Bread Cold Meats Brown/White Bread Ham/Cheese Water/Milk
Contains Allergens	Gluten, Milk, Celery	Gluten, Milk, Celery	Gluten, Milk, Egg, Celery	Gluten, Milk, Egg, Celery	Gluten, Milk, Celery
Snack	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk	Fruit Chunks Water/Milk
Contains Allergens	Milk	Milk	Milk	Milk	Milk

Signed: