

QUEEN'S UNIVERSITY BELFAST

Childcare Services

Provision for Food and Drink Policy

Childcare Services at Queen's recognises the importance of a nutritious and well-balanced diet and the need to encourage healthy eating habits from an early age to support growth and development.

To enable us to do this effectively, there are procedures in place to offer support and guidance to Childcare Staff.

These are as follows:

1. Meals

- 1.1 Menus are carefully planned and constantly reviewed (See Menu Planning Policy)
- 1.2 All desserts provided are based on fruit and / or milk
- 1.3 Fresh fruit is always available
- 1.4 The use of processed meat products is kept to a minimum
- 1.5 Healthier cooking methods are used eg boiling, grilling, steaming, oven cooking
- 1.6 Special therapeutic dietary requirements are respected. Parents will be asked to provide details of these requirements provided by a State Registered Dietician
- 1.7 Cultural dietary habits are respected. Parents should provide details of these
- 1.8 Mealtimes are viewed as a social time and as an opportunity to encourage good table manners
- 1.9 If appropriate, children and adults eat together

2. Snacks and Drinks

- 2.1 Sweets and fizzy drinks are not routinely offered
- 2.2 Whole milk, semi skimmed milk for Out of School Club, or water is provided for children as a drink with meals and fresh drinking water is available within the playrooms throughout the day
- 2.3 If juices or squashes are provided, this will be limited, and when given, will be well-diluted and only given at mealtimes to avoid damage to teeth
- 2.4 Snacks provided are healthy and nutritious
- 2.5 Where possible, snacks are sugar free to avoid damage to teeth
- 2.6 Fresh fruit is readily available for snacks

3. Special Occasions

- 3.1 When celebrating a child's birthday or the child leaving the setting, it is permissible for the parents / carers to provide a cake, crisps and/or biscuits. Our aim is to focus on the occasion rather than the provision of rich, sugary foods and drink

3.2 Any rewards that may be given to a child do not conflict with the healthy eating principles that are in everyday use