



Here at Rathfarnham Day Care, we promote 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.

- We provide healthy meals and snacks freshly prepared and cooked on the premises.
- Snack time will be enjoyed as socialisation and interaction are encouraged.
- We do not allow fizzy drinks, sweets, chocolate, crisps, nuts or nut spreads.
- Water and a fruit bowl are available to children throughout the day.
- Menus are reviewed and changed on a regular basis to ensure a varied range of food choices for the children.
- We do not serve Desserts.
- Processed meat products are kept to a minimum of one serving per week.
- Healthier cooking methods are used e.g. grilling, oven cooked. No food is fried.

**Rathfarnham Day Care Healthy Eating Policy was updated in 2016 based on the:**

**(Food and Nutrition Guidelines for Pre-School Services 2004, p38)**

## TREATS

### TIPS FOR PARENTS

- Treats should not be a given daily but every once in a while is fine and teaches children to make good choices but no need to ban or deny any foods completely.
- Don't keep treat foods in the house as the easier the access the more will be eaten.
- If you do keep them at home keep them in a press out of reach.
- Explain to family and friends your new approach to treats so they can support you.
- Treats should be eaten after a meal, you will eat less and is better for your teeth
- Have only healthy snacks like fruit and chopped vegetables available between meals
- It's ok to just say NO!
- Offer non-food treats. eg. a walk, a board game, a movie.



**HEALTHY ALTERNATIVES, LIKE WATER AND FRUIT ARE A GREAT IDEA!**



**“To provide little bodies with the energy to grow, learn and play”**

