



St. Finian's GAA Club, River Valley
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HEALTHY EATING POLICY & PROCEDURE

At Fhionn's Afterschool we promote healthy eating by encouraging a well balanced and nutritious diet for all attending the service.

We have regard for "Food & Nutrition Guidelines" by the Department of Health and Children. We encourage the nutritional and overall well being of all children within the centre and support children to develop life long healthy eating practices and a positive approach towards food in partnership with parents.

We recognise the dietary needs of all children and aim to ensure that all children's individual and cultural needs are met.

Carers will sit with the children during meal times to encourage conversation and extend interactions.

Encouraging and allowing children to make choices, serve themselves during meal times will help to develop independence and confidence.

Meal times are an important social aspect of the daily routine within an Afterschool Setting. They provide opportunities to inform and educate children about nutrition and healthy eating.

Drinks / Snacks

Fresh Fruit, Raisins and Breadsticks will be offered at snack times.

Full Fat Milk, Diluted Cordials, Fruit Juices and Water will be readily available throughout the day at Fhionn's Afterschool.

Fizzy drinks, sugary snacks, crisps or nuts will not be allowed at Fhionn's Afterschool.

Staff will be encouraged to attend regular training programs around health and nutrition.

Parents will be encouraged to promote healthy eating by providing healthy snacks for children.

Suggestions will be made available for parents by staff on an ongoing basis.

We monitor and review our practice and policy and if necessary make adjustments.