***Diet & Nutrition Policy***

At Úlla Beag we supply all food for the children.

Between 10.15 – 10.30 every morning we have small break which consists of home baked bread; locally organically sourced fruit and veg; cheese ; fish or ham or eggs from our chickens.

Drinks provided are Organic Apple Juice from Clonmel; Milk ; Water.

We will provide treats on occasion and these will come from the following : our own baked scones ; raisins; apricots; bananas; malted biscuits.

At Easter each child will receive a small chocolate egg in our Easter hunt.

We teach the children about nutrition and what each food helps us to do.

We have an everyone must eat their break before we move on to our next activity , and no one gets up from the table until everyone is ready.

We display our weekly menu for Break and Lunch (for childminding children) on our entrance door. I also issue a weekly report to all parents which includes the food that the children have consumed in that week.

In our school garden we grow Rhubarb; Strawberries; Potatoes ; Carrotts; Broccolli; Pumpkins and sunflowers with the children. Once ready we use these in our baking sessions with the children.

We have planted an edible hedge this year which has blueberries; hazelnuts; raspberries; blackberries; logan berries; blackcurrants. We will harvest the fruit with the children and use it to make jam; jellies and scones.

We have an old cooking apple orchard to the front of the garden. In the Autumn we harvest the apples with the children and bake apple tarts.

This year we have established a new orchard at the back of the school this includes 2 types of eating apple; pear; crab apple ; cooking apples.

It is our policy that children need nutritious food to have a healthy body and mind. By including the children in the sowing ; planting ; maintenance and harvesting from our gardens and orchards we are teaching the children sustainable living skills which will stay with them throughout their lifetime.

***Lunch box: HSE guidelines***

