

Health

Food and drink

Policy statement



This setting regards snack as an important part of the setting's day. Eating represents a social time for children and adults, this helps children to learn about healthy eating. We promote healthy eating using resources and materials from the Pre-school Learning Alliance campaign *Feeding Young Imaginations*. At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs. Children are always supervised during snack and lunchtime.

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies policy.)
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their child's dietary needs, including any allergies are up-to-date.
- Parents sign the up-dated record to signify that the information is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement procedures to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We display snack information for the parents.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong,

vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.

- We provide a vegetarian alternative on days when a meat or fish product is offered and make every effort to a suitable alternative is available for children with specific dietary needs.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We organise snack times so that they are social occasions in which children and staff participate.
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide semi-skimmed milk.

Packed lunches

- We encourage parents to ensure perishable contents of packed lunches contain an ice pack to keep food cool
- We inform parents of our policy on healthy eating
- We encourage parents to provide sandwiches with a healthy filling, fruit, and milk-based deserts such as yoghurt or crème fraîche. We discourage sweet drinks and can provide children with water
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort
- Where necessary we provide children bringing packed lunches, with plates, cups and cutlery

- We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

COVID-19 Update

As per our normal procedures, all children will wash their hands before snack and lunchtime.

Tables are never overcrowded during mealtimes. Some social distancing is encouraged even though it is acknowledged that children play in close proximity for the rest of the session.

Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

Further guidance

- *Safer Food, Better Business* (Food Standards Agency 2011)
www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/

Other useful Pre-school Learning Alliance publications:

- Nutritional Guidance for the Under Fives (Ed. 2010)
- The Essential Early Years Cookbook (2009)
- Healthy and Active Lifestyles for the Early Years (2012)

Authorisation & Review

This policy was adopted at a meeting of Wroughton Preschool

Held on _____

Date to be reviewed Yearly at AGM

Signed on behalf of the management committee

Name of signatory _____

Role of signatory (e.g. chair/owner)

Chair Person

