

Safeguarding and Welfare Requirement: Health

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.

Promoting health and hygiene

6.5 Food and drink

Policy statement

This setting regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating using resources and materials. At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

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, including any allergies. (See Managing Children with Allergies policy.)
- We record information about each child's dietary needs in the register.
- We display current information about individual children's dietary needs by the fridge so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs as well as their parents' wishes.
- We display the snack menu on a notice board to inform parents.
- We take great care of children who suffer food allergies in the setting by avoiding certain foods that could cause harm.
- We provide a Food Allergen Risk Assessment for products that may contain allergen ingredients.
- We provide nutritious food for all meals, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of healthy foods, including fruit, vegetables, dairy products and a carbohydrate.
- 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 by staff, we obtain information about the dietary requirements. We take account of this information in the provision of food and drink.
- Staff 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 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.
- 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 pasteurised milk. We do buy dairy alternatives to meet dietary/ allergy requirements.

Packed lunches

When children attend lunch club we follow the following procedure:

- Parents are to ensure that all lunch boxes have an ice pack inside to keep the contents cool. Pre-school provide a cool area(lunchbox box) in which they are to stay until lunch club starts at 11:45am.
- inform parents of our policy on healthy eating;
- encourage parents to provide a healthy lunch which the child enjoys eating. We discourage sweet drinks and can provide children with water or milk.
- 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.
- ensure that Lunch club staff sit with children to eat their lunch so that the mealtime is a social occasion.

This procedure will be shared with parents when their child first starts lunch club whether this is at the start of the academic year or throughout the year.

- **Legal Framework**

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

This policy was adopted at a meeting of Witchford Rackham Pre-school

Held on _____

Date to be reviewed _____

Signed on behalf of the
Management Committee _____

Name of signatory _____

Role of signatory _____