

Safeguarding and Welfare Requirement: Health

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

Little Dragons Pre-School and Clubs

6.5 Food and drink policy



Policy statement

We regard snack and meal times as an important part of our 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 produced by local and central government. At snack and meal 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 ask their parents about their 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 form to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs – including any allergies - are up-to-date.
- We display current information about individual children's dietary needs 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 and preferences, as well as their parents' wishes.
- We display our daily snacks to inform our parents and write it in their home communication book where possible.
- We provide nutritious snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the main food groups:
 - dairy foods;
 - grains, cereals and starch vegetables; and
 - fruit and vegetables.
- 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 we are especially vigilant when we have a children with known allergies.
- 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, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.

- 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/meal times so that they are social occasions in which children and adults participate.
- We use snack/meal 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. The children are shown where this is kept and independently help themselves to a drink when they require one.
- In accordance with parents' wishes, we offer children arriving early in the morning, and/or staying late, an appropriate snack/meal.
- We inform parents who provide food for their children about the storage facilities available in the setting and require them to put in ice pack in their child's lunch box.
- 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 in line with Government guidelines and Change 4 life initiative.
- We provide other milk products for children with allergies/preferences.
- For each food product that we use for snack, we record the allergens.

Packed lunches

- We ask parents to provide ice packs to keep food cool;
- We inform parents of our policy on healthy eating and share government initiatives with them to raise awareness of the importance of healthy eating eg Change for Life ;
- We encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts, such as yoghurt or crème fraiche. We discourage sweet drinks and can provide children with water or diluted fresh fruit juice;
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
- **We ask parents not to put sweets and bars of chocolate in their children's lunch boxes. We reserve the right to return this food to the parent as a last resort;**
- We provide children bringing packed lunches with plates, cups and cutlery;
- We ensure that staff supervise the children at snack/mealtimes;
- Staff support children's choices from their lunch boxes with a visual healthy food chart.

Food Poisoning

- We notify Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as is reasonably practicable, but in any event within 14 days of the incident.

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)

This policy was adopted by	<u>Little Dragons Pre-School</u>	<i>(name of provider)</i>
On	<u>29th November 2017</u>	<i>(date)</i>
Date to be reviewed	<u>February 2018</u>	<i>(date)</i>
Signed on behalf of the provider	<hr/>	
Name of signatory	<u>Rob Lord</u>	
Role of signatory (e.g. chair, director or owner)	<u>Chairperson</u>	

Other useful Pre-school Learning Alliance publications

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