



Promoting health and hygiene

HH7 Food and drink

Policy statement

Our setting regards snack as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating while encouraging independence. 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 and preferences, including any allergies. (See the Managing Children with Allergies policy)
- We record information about each child's dietary needs on their registration form.
- 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 plan cooking activities in advance, involving children and parents in the planning.
- We display the menus of snacks for the information of parents.
- We supply information on specific ingredients offered during our daily snack, cooking activities and when providing outdoor learning. This is displayed on an allergy chart in the kitchen and foyer.
- We provide nutritious food for all snacks and cooking activities, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- 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 read 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, and about food allergies. We take account of this information in the provision of food and drinks.
- In order to protect children with food allergies and intolerances, we discourage children from sharing and swapping their food with one another.

- 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 their 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.
- For children who drink milk, we provide full fat pasteurised milk.

Packed lunches

We:

- encourage parents to provide an ice pack within their lunchbox to keep food cool;
- inform parents of our policy on healthy eating;
- 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;
- 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 adults supervise the children when eating their lunch so that the mealtime is a social occasion.
- We send home all empty packaging and uneaten items so that parents know exactly what their child has eaten.
- We make a note of any child that hasn't eaten or drunk a sufficient amount at lunchtime so that at afternoon snack time, staff will offer encouragement and opportunity for them to compensate for what they didn't have at lunch time.

Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs
- Food information regulations 2014
- The childcare Act 2004

Further guidance

- Safer Food, Better Business for caterers (Food Standards Agency)

- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/658870/Early_years_menus_part_1_guidance.pdf

This policy was adopted at a meeting of

Little Fishes Pre-School

Held on

11/2/13

Date to be reviewed

Reviewed Spring 2023

Next review Spring Term 2025

Signed on behalf of the management
committee

Vicky Baker – Chairperson

Tracy Parkins - Manager
