

General Welfare Requirement: Safeguarding and Promoting Children's Welfare

The provider must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill.

Promoting health and hygiene

1.19 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. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

EYFS Key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

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.
- 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 children's dietary needs - including any allergies - are up-to-date. Parents sign the up-dated record to signify that it 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 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 provide nutritious food for snacks and breakfast avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
 - We include a variety of foods from the four main food groups:
 - protein
 - 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 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, and of vegetarians and vegans, and 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 breakfast/snack/lunch times so that they are social occasions in which children and staff participate.
 - We use meal and 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 access 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.
- Breakfast
- We provide a nutritional breakfast every morning consisting of cereal or toast (half and half bread) then fresh fruit providing throughout the day.

Packed lunches.

Where children are required to bring packed lunches, we:

- Ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
- We inform parents that we have facilities to reheat cooked food brought from home (we follow the Food standards Agency Safer Food,Better Business.
- 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 fraîche where we can only provide cold food from home. 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.
- Ensure staff sit with children to eat their lunch so that snack time is a social occasion.

This policy was adopted at a meeting of

**Hart Plain church Pre-School & Daycare
Committee**

Held on

_____ (date)

Date to be reviewed

_____ (date)

Signed on behalf of Hart Plain Church Pre-Sch
committee

Name of signatory

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