

## **Safeguarding and Welfare Requirement: Health**

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

### **6.6 Food and drink**

#### **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. For morning snack time, we ask parents to provide a nutritious snack, which meets the children's individual dietary needs, we suggest a piece of fruit. Sometimes we provide morning snack as part of a learning activity to promote healthy eating. We provide a small afternoon snack.

#### **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 or intolerances.
- We record information about each child's dietary needs in the Registration Form 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. Parents sign the updated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all our 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 the menus of snacks for parents to view.
- We provide nutritious food for any snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We provide children with a small afternoon snack – a buttered cracker / rice cake / bread sticks or digestive biscuit.

- 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 where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading, 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 show sensitivity in providing for children's diets and allergies. We 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 meal and snack times so that they are social occasions in which children and adults participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves. We use open cups at snack time so that children can pour their own water or milk.
- 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. Children bring in their water bottles so that they can access water as they want throughout the day. We actively encourage children to drink plenty of water throughout the day to keep them well hydrated which in turn helps good bladder health.
- 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 pasteurised milk.
- We ask parents not to bring in cakes to share when it is their child's birthday, we celebrate the child's birthday in other ways.

### *Packed lunches*

We cannot provide cooked meals and so children are required to bring in packed lunches, we

- ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
- inform parents of our policy on healthy eating;
- encourage parents to provide nutritious lunches, fruit, and milk based deserts, such as yoghurt. We discourage sweet drinks and can provide children with water. We circulate information to parents on healthy food for young children.
- 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 sit with children to eat their lunch so that the mealtime is a social occasion.

### **Legal framework**

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

This policy was adopted by	Whimple Preschool
On	<hr/> 12/9/19
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Signed on behalf of the provider	<hr/>
Name of signatory	<hr/> Joanna Sibley
Role of signatory	<hr/> Manager