

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

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

### **6.5 Food and drink**

#### **Policy statement**

Our provision regards snack and lunch 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 from the Pre-school Learning Alliance. 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 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 record to signify that it is correct.
- Parents must advise us if their child's dietary needs change.
- 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 snacks, such as organic fruit and vegetables, rice cakes and toast.
- 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 lunch and snack times so that children sit around the table together.
- 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 drinking fountains in the pre-school. This encourages children to be independent in helping themselves and making choices.

- We inform parents who provide food for their children about the storage facilities available in the setting. (Please see our Lunch Club Policy for full details)
- We give parents who provide food for their children information about suitable containers for food (Please see our Lunch Club Policy for full details)
- 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 pasteurised, fresh milk.
- We allow children to bring in individually wrapped cakes/sweets for birthday celebrations that are sent home. The parent can then make the choice if to allow their child to eat the treat. We have a wooden cake which we use to celebrate.

### ***Packed lunches.***

- We ensure packed lunches are refrigerated to keep food cool;
- We expect parents to provide an ice pack in warm weather, prepare foods safely and to support healthy eating
- We inform parents of the recommended and prohibited lunch foods and how to avoid allergen contact
- We ensure children sit together to eat their lunch so that the mealtime is a social occasion.

### ***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 2008)

### **Other useful Pre-school Learning Alliance publications**

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

This policy was adopted/reviewed at a meeting of	Little Acorns	(name of provider)
Held on	24 <sup>th</sup> February 2021	(date)
Date to be reviewed	January 2022	(date)
Signed on behalf of the management committee		
Name of signatory	Samantha Davies	
Role of signatory (e.g. chair/owner)	Secretary	

