

## **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**

#### **Legal framework**

- Regulation (EC) 853/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

#### **Further guidance**

Safer Food, Better Business (Food Standards Agency 2011)

#### **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)

#### **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 a range of resources and materials including those from the Pre-school Learning Alliance. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We do not provide a lunch but children who stay for lunch club bring a packed lunch from home. We provide a mid-morning and mid-afternoon snack, and for children attending Breakfast Club we provide breakfast and for children attending After School Club we provide a hot cooked tea.

#### **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.)
- The parent/carer record information about each child's dietary needs in the Registration Form when a child starts with us, which is signed by the parent/carer.
- We regularly consult with parents/carers to ensure that our records of their children's dietary needs – including any allergies - are up-to-date. Parents/carers 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'/carers' wishes.
- We plan our range of snacks and meals in advance, involving children's interests in the planning, and taking into account calendar events.
- We display the menus of snacks and meals for parents to view.
- We provide nutritious food for snacks and meals, 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 foods such as cheese, houmous and, occasionally, meat, fish and other protein alternatives;
  - 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 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.
- Our snacks are generally vegetarian (and some meals are) and a vegetarian alternative is always available. We would make every effort to ensure Halal meat or Kosher food was available for children who required it.
- 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 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..
- We inform parents who provide food for their children about the storage facilities available in our 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 pasteurised milk.

### *Packed lunches*

At lunch time children are required to bring packed lunches, and so we:

- Ask parents to ensure perishable contents of packed lunches contain an ice pack 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 fromage frais. 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 strongly discourage the inclusion of sweets and chocolate. We reserve the right to return this food to the parent as a last resort;
- provide children bringing packed lunches with plates, cups and cutlery; and
- ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.

This policy was adopted by	Radcliffe on Trent Pre-school Playgroup	<i>(name of provider)</i>
On	<u>23<sup>rd</sup> January 2019</u>	<i>(date)</i>
Date to be reviewed	<u>January 2021</u>	<i>(date)</i>
Signed on behalf of the provider	<hr/>	
Name of signatory	<u>NIKKI FARNSWORTH</u>	
Role of signatory (e.g. chair, director or owner)	<u>COMMITTEE CHAIR</u>	