

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. We ask parents/carers to provide nutritious food, which meets the children's individual dietary needs and educate the children about healthy eating. We ask that parents/carers provide snack foods from the list below:-

All fruits, peeled and prepared where possible (grapes must be halved as they present a choking hazard)

Dried fruits

Low sugar/low salt cracker or biscuit (containing no nuts or nut traces)

Salad items

We request that food items are clearly labelled with the child's name and placed in the appropriate basket on arrival. We make clear to parents/carers when they first register their child with us that we have a strict NO NUT policy.

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.

- We will on occasions provide snack foods. We may do this to educate the children about different cultures and customs; to sample foods that we have grown ourselves or that the children have prepared/cooked; on a child's birthday; as part of a party or event, or if, on the odd occasion, snack foods are forgotten.
- 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 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.
- 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 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. We ensure that all parents/carers are aware of our no nut policy and asked them not to bring in snack or lunch time foods which may contain nuts or nut traces.
- 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 snack 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, pouring their own drink and feeding themselves.
- 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 the setting.
- 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

Where children bring packed lunches, we:

- ensure perishable contents of packed lunches are stored in a cool environment away from direct sunlight.
- inform parents of our policy on healthy eating and make them aware of our no nut Policy.
- We ensure that a staff member sits with children whilst the children eat 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

Further guidance

- *Safer Food, Better Business*

www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/

This policy was adopted at a meeting of _____ name of setting

Held on _____ (date)

Date to be reviewed _____ (date)

Signed on behalf of the management
committee

Name of signatory _____

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

Other useful Pre-school Learning Alliance publications

- Nutritional Guidance for the Under Fives (2009)
- The Early Years Essential Cookbook (2009)