



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 promote healthy eating in a variety of ways. At snack times we ask parents to provide a range of nutritious food which caters for the dietary needs of all the children.

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 with Allergies policy) These are recorded on the child's registration form.
- 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 snack, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We encourage parents to send in 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 meal and snack times so that they are social occasions in which we all 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 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.
- 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.
- At snack time we provide a choice of water or semi skimmed pasteurised milk.
- Children are always offered a choice of snacks. They are encouraged to try at least one piece of fruit/veg but will not be forced to eat. We endeavour to ensure that every day there is at least one healthy piece of snack that every child can eat. If food is put on a child's plate for them to try it is made clear that they may leave it on the side if they do not like it.
- Treats such as birthday cake/sweets will not be eaten at snack but will be sent home in the child's bag.

Packed lunches

For lunch club packed lunches:

- We inform parents of our policy on healthy eating and encourage them to provide their child with a balanced healthy lunch. We 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;
- We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

Reporting a case of food poisoning

We will notify Ofsted as soon as possible (and at least within 14 days) should a case of food poisoning occur. Also report to the Food Standards Agency.

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 2011)
- **Other useful PLA publications:**
- Nutritional Guidance for the Under Fives (Ed. 2010)
- The Early Years Essential Cookbook (2009)
- Healthy and Active Lifestyles for the Early Years (2012)

This policy was adopted at a meeting of Brighton Road Baptist Church Playschool Trustees.

On 09/05/2019 (date)

Signed on behalf of the provider

Name of signatory

Clair England

Role of signatory (e.g. chair)

Chair of Trustees