

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

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

Reviewed April 2022 KY

### **6.5 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 and encourage parents 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 ask their parents about their 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 the New Starter Details 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 (emergency contact card) 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 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 party food and snack time 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.
- When cooking projects are undertaken parents are notified in advance through the newsletter. Those with known dietary needs are consulted.
- Party food lists are posted by the parents signing in the register in advance of parties. A copy of this list will be issued in the newsletter the week before any party. The list of foods is drawn up with regard to our policies and procedures.
- 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 serving food and 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 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.
- Foods such as grapes, cherry tomatoes and small sausages are to be provided cut into lengthwise pieces to avoid being a choking hazard.
- Parents are asked to provide a healthy nutritious snack from the following items, chopped fruit or vegetables and a plain or savoury filled bread item.

### *Packed lunches*

Where we cannot provide cooked meals and children are required to bring packed lunches, we:

- 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 crème fraîche, where we can only provide cold food from home. 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 reserve the right to return this food to the parent as a last resort;
- parents are to provide plates, drink container and cutlery as required; and
- ensure that adults sit with children so that the mealtime is a social occasion.
- The snacks and packed lunches must not contain any nuts or nut products or peanuts.

### **Food Allergen Training**

Katharine Yarwood has undertaken Food Allergen training.

The following are the 14 most common allergic ingredients. Parents must be informed if any of the following ingredients are in food and drinks made or served at pre-school. This does not mean they should not be used, as many are part of a staple diet, however, it does mean that it will be easier to avoid them for those children that have a recognised allergy or food intolerance.

Celery (including celeriac)

Cereals including gluten (such as wheat, (including spelt and Khorasan), rye, barley and oats.)

Crustaceans

Eggs

Fish

Lupin (seeds, flour used in some baked goods and pasta)

Milk

Molluscs

Mustard  
Nuts  
Peanuts  
Sesame seeds  
Soya  
Sulphur dioxide

- Parents information booklet will have the food and drink policy added to it as will the staff handbook.
- The ingredients of the pre-school playdough will be listed in the parent handbook and in the newsletter at the beginning of term.
- At all events where refreshments are provided the ingredients in the refreshments will be on display.
- For events with cake stalls which may include home-baked goods we ask all bakers to provide an ingredient list, however these items should not be sold as allergen-free.
- Party food list will be issued in the parent's newsletter a week before any party.
- Packaging with ingredients on to be kept and available on the day of the event and for a week after the event.

### 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)

This policy was adopted by	Caversham Heights Pre-school	<i>(name of provider)</i>
On	26 <sup>th</sup> November 2018	<i>(date)</i>
Date to be reviewed	April 2023	<i>(date)</i>
Signed on behalf of the provider		
Name of signatory	Katharine Yarwood	
Role of signatory (e.g. chair, director or owner)	Supervisor	

### Other useful Early Years 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)