

6.5 Food and Drink

Safeguarding and Welfare Requirement: Health

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

6.5.1 Policy statement

Purley Pre-School regards 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 resources and materials 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.

6.5.2 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 Section 6.2.)
- Information about each child's dietary needs is recorded on the Registration 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 up-dated record to signify that it is correct.
- We declare the presence of any allergenic ingredients used in any food and drink served by signposting parents to where and how to obtain the information in writing and orally.
- A chart showing the allergens contained in foods used on a regular basis, in snacks and drinks and for play, is to be found in the Food Allergy and Dietary Requirements folder.
- Parents are notified separately about allergens contained in foods for special snacks, play or cooking activities.
- Current information about individual children's dietary needs and allergies is contained in the Food Allergy and Dietary Requirements folder, so that all staff 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 all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We provide children with familiar foods and introduce them to new ones. We plan to include foods from the diet of each of the children's cultural backgrounds.

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- 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 and agreement with parents, 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.
- 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 children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, helping themselves to a 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 provide semi-skimmed milk for children who drink milk and water as an alternative.

Packed lunches

At the 4+ Session here children are required to bring packed lunches:

- We inform parents of our policy on healthy eating;
- We encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts, such as yoghurt or crème fraîche, where parents provide cold food from home. We discourage sweet drinks and can provide children with water.
- 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.

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.
- Regulation no. 1169/2011 EU Food Information for Consumers (Dec 2014)

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)

Purley Pre-School Policies & Procedures

HEALTH

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This policy was adopted at a meeting of	<u>Purley Pre-School Committee</u>
Held on	<u>10th Feb 2015</u> (date)
Date to be reviewed	<u>10th Feb 2017</u> (date)
Signed on behalf of the provider	<u></u>
Name of signatory	<u>Charlotte Allum</u>
Role of signatory (e.g. chair, director or owner)	<u>Chair, Purley Pre-School</u>