

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

Policy statement

Hanborough Pre-School 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. Hanborough Pre-School promote healthy eating using resources and materials from the Pre-school Learning Alliance. At snack and meal times, Hanborough Pre-School aim to provide nutritious food, which meets the children's individual dietary needs. All meals and snacks are provided by the parents.

Procedures

Hanborough Pre-School follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, Hanborough Pre-School ask their parents about their dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
- Hanborough Pre-School record information about each child's dietary needs in the Registration Form and parents sign the form to signify that it is correct.
- Hanborough Pre-School 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 to signify that it is correct.
- Hanborough Pre-School display current information about individual children's dietary needs so that all our staff and volunteers are fully informed about them.
- Hanborough Pre-School 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.
- Hanborough Pre-School take care not to provide food containing nuts or nut products and [we are/I am] especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading, Hanborough Pre-School 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.
- Hanborough Pre-School organise meal and snack times so that they are social occasions in which children and adults participate.
- Hanborough Pre-School use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- Hanborough Pre-School 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.

- Hanborough Pre-School have fresh drinking water constantly available for the children. Hanborough Pre-School inform the children about how to obtain the water and that they can ask for water at any time during the day.
- Hanborough Pre-School inform parents who provide food for their children about the storage facilities available in our setting.
- Hanborough Pre-School give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, Hanborough Pre-School discourage children from sharing and swapping their food with one another.
- For young children who drink milk, Hanborough Pre-School provide whole pasteurised milk.

Packed lunches

As Hanborough Pre-School do not provide cooked meals and children are required to bring packed lunches, we

- ensure perishable contents of packed lunches are refrigerated or 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, Hanborough Pre-School 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. Hanborough Pre-School reserve the right to return this food to the parent as a last resort;
- ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.

Covid 19

The following procedures must be followed:

- Babies and toddlers' hands are washed prior to being given food or drink.
- Staff who are eating with the children must role-model hygiene best practice.
- Tables are never overcrowded during mealtimes. Some social distancing is encouraged even though it is acknowledged that children will play in close proximity for the rest of the session.

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)