



STAPLE  
PRE-SCHOOL

## **Promoting health and hygiene**

### **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. At snack times we aim 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 find out from parents their children's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in her/his registration form and parents sign this 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 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 snacks, avoiding large quantities of saturated fat, sugar and artificial additives, preservatives and colourings.
- We include 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 children and staff participate.
- We use snack time to help children develop independence through making choices, serving food and drink and feeding themselves.
- We have fresh drinking water 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.
- Parents and carers are encouraged to bring in labelled water containers for their child. We request 'water only' as we are aware that sugary drinks are harmful to teeth
- 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 whole pasteurised milk.
- We are aware of the Food Information for Consumers Regulation (EU) No. 1169/2011, allergen labeling rules changed in December 2014. We have a poster in the kitchen of the 14 allergens and when it is necessary to inform parents of the ingredients in cooking activities.
- We are registered as a food business and have had a food safety inspection.

### **Packed lunches**

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

- We do place children's lunch boxes in the fridge to keep them 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. 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;
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

This policy was adopted at a meeting of

**Staple Pre School**

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)

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