

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

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

## **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 using a variety of resources and activities throughout the year. At snack and meal times, we aim to provide and promote 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. (See the Managing Children with Allergies policy.)
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We consult parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date
- 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 salt and artificial additives, preservatives and colourings.
- At snack time we aim to provide a carbohydrate element such as plain biscuits or breadsticks and a fruit or vegetable element such as sliced apple or raisins. We include a variety of foods from the three main food groups at snack times and display information to parents about the four main food groups:
  - meat, fish and protein alternatives;
  - dairy foods;
  - grains, cereals and starch vegetables; and
  - fruit and vegetables.
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- We include foods from the diet of each of the children's cultural backgrounds when possible, 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 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 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 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.
- For children who drink milk, we provide semi skimmed pasteurised milk. We will do our best to provide a suitable substitute for children with dairy intolerance e.g. soya milk.

### *Packed lunches*

For lunch-times children are required to bring packed lunches, we:

- Provide a fridge for storage of perishable contents of packed lunches and recommend parents include an ice pack to keep food cool: packed lunches are kept out of a fridge no longer than health guidance recommends.
- inform parents of our policy on healthy eating via our newsletters, displays and activities.
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based desserts such as yoghurt or fromage frais.
- We provide water or milk for meal times and inform parents not to bring in drinks for their children.
- discourage packed lunch contents that consist largely of crisps, processed foods and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;
- provide children, bringing packed lunches, with plates, cups and cutlery; and
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.
- Inform parents that we cannot heat or re-heat food on the premises.

### **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*  
[www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/](http://www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/)
- Safer Food, Better Business (Food Standards Agency 2011)

This policy was adopted at a meeting of	Lake Street Nursery
Held on	09 November 2011 and reviewed October 2018
Date to be reviewed	October 2019
Signed on behalf of the management committee	Catherine Morey, Manager
Name of signatory	Catherine Morey
Role of signatory (e.g. chair/owner)	Manager and Trustee