

General Welfare Requirement: Safeguarding and Promoting Children’s Welfare

The provider must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill.

Promoting health and hygiene

1.19 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 we provide nutritious food, taking account of the children’s individual dietary needs.

EYFS key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

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 or intolerances. (See the Managing Children with Allergies policy.)
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies or intolerances - 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 as well as their parents' wishes.
- We provide nutritious food for all snacks, avoiding saturated fat, sugar and salt and artificial additives, preservatives and colourings.

- 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.
- Children bring a named water bottle to Pre-school every day and have free access to it throughout the session. Water bottles are rinsed and refilled during session, as and when required.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- In order to protect children with food allergies or intolerances, we prevent children from sharing and swapping their food with one another.
- For children who drink milk, we provide semi skimmed milk.

Packed lunches

We offer a lunch time provision daily, whereby children must bring their own packed lunch. We :

- inform parents of our policy on healthy eating.
- Encourage parents to provide sandwiches or equivalent with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraiche. We discourage sweet drinks and can provide children with water or milk. Where necessary we can reheat food to support children who will not eat a cold lunch.
- 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 can provide children, bringing packed lunches, with plates, cups and cutlery;
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

Legal framework

The Food Safety and Hygiene (England) Regulations 2013

Further guidance

- Safer Food, Better Business (Food Standards Agency 2008)

This policy was adopted at a meeting of	_____	name of setting
Held on	_____	(date)
Date to be reviewed	_____	(date)
Signed on behalf of the management	_____	
Name of signatory	_____	
Role of signatory (e.g. chair/owner)	_____	

Other useful Pre-school Learning Alliance publications

- Nutritional Guidance for the Under Fives (2009)
- The Early Years Essential Cookbook (2009)