

## 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

#### 1.25 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 resources and materials from the Pre-school Learning Alliance. At snack times, we aim to provide nutritious food, which meets 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. (See the Health, medication & Hygiene 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 regularly consult with parents via our annual registration forms and key person forms 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 plan snack menus in advance.
- We display the menus of snacks for the information of parents.
- We provide nutritious food for all snacks.
- 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 provide a vegetarian alternative on days when meat or fish are offered and make every effort to ensure Halal meat or Kosher food is available for children who require it.
- 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 use a 'rolling' snack time to socialize in small groups promoting healthy eating. This enables the children to sample and think about different foods and express their likes and dislikes.
- Rolling snack is where children can make their own choices about; when to have their snack, what to have and how much. The snack is accessible and available between certain times. Rolling snack encourages independence and choice and also gives opportunities for children to develop their social skills.
- If necessary 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.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- A choice of milk or water is provided for children at snack times.

## Packed lunches

For those children attending packed lunch club we follow the following procedure;

- Inform parents that as fridge space is not available all packed lunches must have an ice pack inside to keep the contents cool
- 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 fraîche.
- We discourage sweet drinks and ask that each child brings in a named water bottle filled with water.
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. Guidelines on this will be given to parents. We reserve the right to return this food to the parent as a last resort;
- If necessary we provide children bringing packed lunches with plates, cups and cutlery
- ensure that adults 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

## Further guidance

- Safer Food, Better Business (Food Standards Agency 2011)

This policy was adopted at a meeting of	Rainbow Pre-School
Held on	16 <sup>th</sup> July 2018
Date to be reviewed	2020/21
Signed on behalf of the management committee	
Name of signatory	Lisa Brown & Lucy Daybell
Role of signatory (e.g. chair/owner)	Co-chairs

## 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)