

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. We promote 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. (See the Managing Children with Allergies policy.)
- We record information about each child's dietary needs in her/his medical form, which is completed by the parent/carer. We regularly consult with 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 ensure that the kitchen staff and management have completed a Food Hygiene course.
- 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 display the menus of snacks for the information of parents.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods:
 - dairy foods
 - grains, cereals and starch vegetables
 - fruit and vegetables
- 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.

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- 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 would, if needed, provide a vegetarian alternative as well as Halal meat or Kosher food if necessary 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. However, a child may be seated at a different table (but still within talking distance to other children) to eat, if they have a food allergy in order that they are not in close contact with an allergen.
- We organise snack times so that they are social occasions in which children and staff participate.
- 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 ask that parents provide their child with a water bottle daily, containing only water.
- 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 whole pasteurised milk.

Packed lunches

We cannot 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
- ↳ inform parents of whether we have facilities to microwave cooked food brought from home
- ↳ encourage parents to provide sandwiches with a healthy filling, fruit and milk based deserts such as yoghurt or crème fraiche where we can only provide cold food from home

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- ⤴ 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 are with children when they 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

This policy was adopted by All Saints Pre-school

Date Reviewed	Reviewed by	Changes
23 rd October 2019	Manager	Bullet point 11 – “a child may be seated at a different table.....allergen”