Health

6.5 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 and meal 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, including any allergies. (See the Managing Children who are Sick, Infectious or 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 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 as well as their parents' wishes.
- We plan menus in advance,
- We display the menus of meals/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 from the four main food groups:
  - meat, fish and protein alternatives;
  - dairy foods;
  - grains, cereals and starch vegetables; and
  - 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.
- 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 have fresh drinking water constantly available for the children in named bottles, provided by parents. Children 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 pasteurised milk.

_Packed lunches_
Where settings 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;
encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraîche where we can only provide cold food from home. We discourage sweet drinks and can provide children with water or diluted fresh fruit juice;

ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

**Food Poisoning**

We notify Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as is reasonably practicable, but in any event within 14 days of the incident.

**Legal framework**


**Further guidance**

Safer Food, Better Business (Food Standards Agency 2011)

**Associated Forms**

Basic kitchen opening and closing checks template

<table>
<thead>
<tr>
<th>This revised policy was adopted at a meeting of</th>
<th>Parkgate Pre-school</th>
<th>name of setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Held on</td>
<td>14 May 2018</td>
<td>(date)</td>
</tr>
<tr>
<td>Effective from</td>
<td>14 May 2018</td>
<td>(date)</td>
</tr>
<tr>
<td>Date to be reviewed</td>
<td>14 May 2019</td>
<td>(date)</td>
</tr>
<tr>
<td>Signed on behalf of the management committee</td>
<td>C Hallam</td>
<td></td>
</tr>
<tr>
<td>Name of signatory</td>
<td>Cassie Hallam</td>
<td></td>
</tr>
<tr>
<td>Role of signatory (e.g. chair/owner)</td>
<td>Chair</td>
<td></td>
</tr>
</tbody>
</table>

**Other useful Pre-school Learning Alliance publications**

- Healthy and Active Lifestyles for the Early Years (2012)
- The Early Years Essential Cookbook (2009)

**Change control log**

Policy 6.5 Food and drink Version 6 Effective May 2018
<table>
<thead>
<tr>
<th>Version Number</th>
<th>Effective Date</th>
<th>Changes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.0</td>
<td>01-Mar-2012</td>
<td>Initial document release</td>
</tr>
<tr>
<td>2.0</td>
<td>13-Dec-2012</td>
<td>Document renumbered in line with revised EYFS (2012). Reference to EYFS key themes and commitments removed.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Added section on food poisoning and when Ofsted should be notified.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Added further Pre-school Learning Alliance publication.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Added associated forms section</td>
</tr>
<tr>
<td>3.0</td>
<td>04 Dec 2013</td>
<td>Policy Reviewed</td>
</tr>
<tr>
<td>4.0</td>
<td>03 Jan 2015</td>
<td>Policy Reviewed</td>
</tr>
<tr>
<td>5.0</td>
<td>12 Jan 2016</td>
<td>Policy Reviewed</td>
</tr>
<tr>
<td>6.0</td>
<td>12 Jan 2017</td>
<td>Policy Reviewed</td>
</tr>
<tr>
<td>7.0</td>
<td>14 May 2018</td>
<td>Policy Reviewed</td>
</tr>
</tbody>
</table>