



Buckden Pre-School Playgroup

A place for Children to grow, to learn and to flourish

Registered Charity No. 291840

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Reflecting on Quality
committed to improvement

Safeguarding and Welfare Requirement: Health

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

Food and drink

January 2017

Policy statement

Buckden Pre-School regards snack and meal times as an important part of our 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 and drink which meets the children's individual dietary needs.

Procedures

We follow these procedures to promote health eating in our setting.

- Before a child starts to attend the setting, we ask their parents/carers about their dietary needs and preferences, 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 the Registration Form and parents/carers sign the form to signify that it is correct.
- We consult with parents/carers to ensure that our records of their children's dietary needs - including any allergies are up-to-date. If a child has dietary needs we complete a health care plan or risk assessment which is then updated by consulting the parents/carers. Parents/carers sign the updated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all our 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'/carers' wishes.
- We list the snack on the white board for parents/carers to see on a daily basis.
- We provided nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We offer fruit, vegetables and items such as toast, pitta bread, breadsticks and cheese etc for children's daily snack times.
- We take care not to provide food containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents/carers and research reading, we obtain information about the dietary rules of the religious groups to which children and their parents/carers belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
- We show sensitivity in providing for children's diets and allergies. We 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 snack times so that they are social occasions in which children and adults 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/carers who provide food for their children about the storage facilities available in our setting.
- 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 milk.

Packed lunches

Children staying for lunch are required to bring a packed lunch.

We:

- ensure that perishable contents of packed lunches are refrigerated;
- publish and send out information about healthy eating to parents and carers;
- encourage parents/carers via information, leaflets, links to sites to provide sandwiches with a healthy filling, fruit and milk based deserts, such as yogurt or crème fraiche, where they provide cold food from home. We discourage sweet drinks and can provide children with water or milk;
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits using information, leaflets, links to sites etc. 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 that adults sit with children to eat their packed lunch so that mealtime is a social occasion;
- Ensure that children take the remains of their packed lunch home so that parents/carers can see what the child has eaten.

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 by Buckden Pre-School Playgroup (date)

On _____ (date)

Date to be reviewed _____

Signed on behalf of the provider _____

Name of signatory _____

Role of signatory (e.g. chair, director or owner) _____

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)

This policy will be reviewed annually.