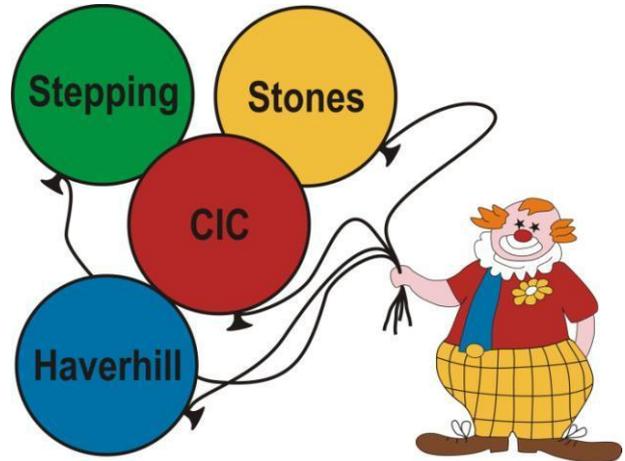


**General Welfare Requirement: Safeguarding and Promoting Children’s Welfare**

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**

**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 using resources and materials. At snack and meal 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 Managing Children with Allergies policy.)
- The parent’s record information about their child's dietary needs in her/his registration record and 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 and preferences as well as their parents' wishes.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the main food groups:
  - 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 the admissions documentation we find out from the parents 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.
- Parents 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.
- Children have their own school water bottles, which are bought in from home (and contain fresh water only) and are constantly available for the children.
- In accordance with parents' wishes, we offer children arriving early in the morning - and/or staying late - an appropriate snack.
- 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 semi skimmed pasteurised milk (as in government guidelines)
- Parents are able to book a school dinner (choices hot / cold) this should be done by 09:00; money (£2.30) in an envelope marked with child's name, date, and the choice.
- Staff are good role models.

### **Packed lunches**

Children are required to bring packed lunches,

- Parents should ensure perishable contents of packed lunches contain an ice pack to keep food cool (in warm weather)
- Ensure parents do **not to provide** food containing nuts or nut products; (and no chocolate bars)
- Inform parents of our policy on healthy eating;
- 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 ask the parents to supply water in child's school
- Drinks – children are issued with a school (safety water bottle – extras can be purchase from the office at cost price, we also stock spare lids)
- We do not allow sugary drinks (such as squash) from home.
- Children are provided children with water or fresh milk at snack times.
- We 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;
- Parents must provide children with packed lunches, with napkin and cutlery as necessary
- Staff ensure they sit with children to eat their lunch so that the mealtime is a social occasion and that staff are good role models.

### **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 2008)

**Please note that all staff should read and be aware of the MASH & LADO posters within the setting.**

This policy was adopted by	Stepping Stones Childcare & Education CIC
on	28.02.2017
Date to be reviewed	September 2020
Signed on behalf of the management	
Name of signatory	ELAINE MCMANUS
Role of signatory	MANAGER
Name of signatory	ANNE JESSOP
Role of signatory	DEPUTY

**Review:**

This policy is reviewed every year or whenever deemed necessary by the manager in the light of events and changes in the law.

This policy was given to staff to read on 21/07/2019 and acknowledged by staff electronically.