

Safeguarding and Welfare Requirement: Health

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

St Philip's Preschool Policy

Policy statement

Our provision 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 various sources. 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 and preferences, including any allergies. This is recorded on their registration form.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them, this ensures that children only receive food and drink that is consistent with their dietary needs, preference and parent's wishes.
- We plan snack menus in advance.
- We display the menus of snacks on our notice board 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 and cereals, 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. We are a nut free zone.
- 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 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, they also have continuous access to their own drink.
- We ensure that the children eat their lunch within 3 hours, they are stored in the kitchen until lunchtime.

- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- We provide a drink of milk or water at snack time.

Packed lunches

- We regularly inform parents of our policy on healthy eating;
- We encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraîche . We discourage sweet drinks and can provide children with water upon request
- We ask that the children start their lunch with their sandwiches then moving on to their fruit and yoghurts.
- We discourage packed lunches that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We will remind the parents of our policy on food and drink and provide a list of alternatives.

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.

This policy was adopted at a meeting of

St Philip's Preschool

Held on

24/06/2013

Date to be reviewed

24/06/2014

Name of signatory

Role of signatory (e.g. chair/owner)

Manager