

## **Safeguarding and Welfare Requirement: Health**

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

### WORLINGHAM PRE-SCHOOL

#### Food and drink - we are a Nut free pre-school

##### **Policy statement**

We regard snack and lunch 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. 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 ask their parent/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 parent/carers sign the form to signify that it is correct.
- We regularly consult with parent/carers to ensure that our records of their children's dietary needs – including any allergies - are up-to-date. Parent/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 parent/carers' wishes.
- We plan menus in advance on the day.
- We display the menus of snack/lunches for parent/carers to view.
- We provide nutritious food for all lunches 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 four main food groups:
  - meat, fish and protein alternatives
  - 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.

- 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. No peanuts/nuts allowed in our setting
- Through discussion with parent/carers and research reading, we obtain information about the dietary rules of the religious groups to which children and their parent/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 provide a vegetarian alternative on days when meat or fish are offered and make every effort to ensure Halal meat or Kosher food is available for children who require it.
- 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 lunch and snack times so that they are social occasions in which children and adults participate.
- We use lunch 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.
- In accordance with parent/carers' wishes, we offer children arriving early in the morning, and/or staying late, an appropriate meal or snack. (n/a)
- We inform parent/carers who provide food for their children about the storage facilities available in our setting. (if needed, must be agreed with the manager)
- We give parent/carers 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 young children who drink milk, we provide whole pasteurised milk. Although we slowly introduce semi-skimmed milk from the age of two years; firstly, into meals and dishes, such as on cereal or in white sauces, before offering it as a drink, so that the transition is gradual. (n/a)
- For each child under two, [we/I] provide parents with daily written information about feeding routines, intake and preferences.

#### *Packed lunches (N/A Pre-School provides lunch)*

Where 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 parent/carers of our policy on healthy eating;
- inform parent/carers of whether we have facilities to microwave cooked food brought from home;
- encourage parent/carers 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. We discourage sweet drinks and can provide children with water;

- 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/carer as a last resort;
- provide children bringing packed lunches with plates, cups and cutlery; and
- ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.

### Coronavirus (Covid-19) Outbreak

Where food is provided, in circumstances where there is shortage of food supplies, it may be necessary to ask parent/carers to supply a packed lunch. The following procedures must be followed:

- Babies and toddlers' hands are washed prior to being given food or drink.
- Staff who are eating with the children must role-model hygiene best practice.
- Tables are never overcrowded during mealtimes. Some social distancing is encouraged even though it is acknowledged that children will play in close proximity for the rest of the session.

### 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)
- Nutritional Guidance for the Under Fives (Pre-school Learning Alliance 2009)
- The Early Years Essential Cookbook (Pre-school Learning Alliance 2009)
- Healthy and Active Lifestyles for the Early Years (Pre-school Learning Alliance 2012)

This policy was adopted by	Worlingham Pre-School	<i>(name of provider)</i>
On	<u>7<sup>th</sup> January 2021</u>	<i>(date)</i>
Date to be reviewed	<u>November 2021/January 2022</u>	<i>(date)</i>
Signed on behalf of the provider	<hr/>	
Name of signatory	<hr/>	
Role of signatory (e.g. chair, director or owner)	<hr/>	