

## Safeguarding and Welfare Requirement: Health

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

### Food and Drink/Snack and Lunchtime Policy



#### Policy statement

Landulph Under Fives 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. Landulph Under Fives promote healthy eating using resources and covers the topic 'Healthy Eating' during the pre-school year. At snack and lunch times, we aim to provide nutritious food, which meets the children's individual dietary needs.

#### Procedures

Landulph Under Fives follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, We ask their parents about their dietary needs and preferences, including any allergies and make appropriate arrangements to meet them. (See our Managing Children who are Sick, Infectious or with Allergies Policy.)
- Landulph Under Fives asks parents to record information about their child's dietary needs on the appropriate form within the registration pack and ask parents sign the form to signify that it is correct. We show sensitivity in providing for children's diets and allergies. Landulph Under Fives do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of their diet or allergy.
- Landulph Under Fives 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 updated record to signify that it is correct.
- Landulph Under Fives display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them. Information regarding children's allergies is displayed on the inside of the door, of the Landulph Under Fives cupboard in the kitchen.
- Landulph Under Fives 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.
- Landulph Under Fives informs parents/carers of snack content on 'What we've done today' daily on Tapestry for parents/carers to view. Snack comprises of two fruits, one carbohydrate, and a dairy product. Milk and water are provided.

- Landulph Under Fives provide nutritious food for snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- Landulph Under Fives include a variety of foods from the four main food groups:
  - dairy foods;
  - grains, cereals and starch vegetables; and
  - fruit and vegetables.
- Landulph Under Fives include foods from a variety of cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- Landulph Under Fives 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 and research, we obtain information about the dietary rules of the religious groups to which children and their parents 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.
- Landulph Under Fives organise lunch and snack times so that they are social occasions in which children and adults participate. We also use lunch and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves. All children are encouraged to sit down and not walk around with food or drink. All children are supervised during snack and lunch times.
- Landulph Under Fives provide children with utensils that are appropriate for their ages and stages of development and take account of the eating practices in their cultures.
- Landulph Under Fives 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. Milk is also provided for snack times. Milk provided for the children is semi-skimmed and pasteurised.
- Landulph Under Fives inform parents who provide food for their children about the storage facilities available in our setting. Fruit and milk for snack, provided by the pre-school are stored in the fridge. All lunchboxes are placed into the fridge at the start of the session. Cool packs are placed into lunchboxes should there not be enough room in the fridge.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- Staff do not carry hot drinks around the playroom and do not place hot drinks within reach of children.
- All staff are trained in food safety/hygiene and have obtained the foundation certificate in food hygiene. All staff refresh their food hygiene training every three years.

- We aim to support mothers who wish to continue breast feeding their child. Expressed milk which has been labelled with their child's name and the time it was expressed and date, can be stored in our fridge. We are able to provide a quiet, private space in order for any mother who wishes to express milk or breast feed their child.
- Children are encouraged to develop good eating skills and manners.
- All of the children are encouraged to wash their hands with soap and water before sitting at the table.
- Children will be given the opportunity to prepare food for snack and the tables. Our children are also encouraged to grow, pick and prepare foods from our pre-school garden.
- All children are given plenty of time to eat their food and are not rushed.
- Parents are provided with handouts which offer healthy snacks and packed lunchbox ideas, during the pre-school year.
- All children are encouraged to pour from the jugs themselves and clear away their dishes when they have finished.

### **Packed lunches**

Children are required to bring packed lunches, Landulph Under Fives:

- Ensure packed lunches are refrigerated or contain an ice pack to keep food cool if there is no room in the fridge.
- Encourage parents to also supply an ice pack in their child's lunch box.
- Encourage parents to provide sandwiches/wraps/pitta bread with a healthy filling, fruit, and milk-based deserts, such as yoghurt. 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.
- We discourage sweet drinks and can provide children with fresh water.
- Provide children bringing packed lunches with plates and cups should they wish to use them.
- Children are asked to sit down and not walk around with food or drink. Lunch times are appropriately supervised.
- The staff will ENCOURAGE the children to eat savoury items before anything sweet. It will be the child's decision as to what and how much they choose to eat. They will not be encouraged to eat any remaining food during the session.
- All remaining food will be sent home for the child's parents/carers to monitor, for future reference. Parents are advised if their child is not eating well. If any parents have concerns regarding their

child's eating, staff will inform them of how much they have eaten, verbally or if necessary, record on care diary on Tapestry. With holding food will not be used as a punishment for any child.

### Legal framework

- Food Safety Act 1990
- Food Standards Act 1999

### Further guidance

- Safer Food, Better Business (Food Standards Agency - Last updated 29<sup>th</sup> January 2020)

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|--|-----------------------|--------------------|
| This policy was adopted by                         | Landulph Under Fives  | (Name of provider) |
| On   | <hr/> September 2023  | (date)             |
| Date to be reviewed                                | <hr/> September 2024  | (date)             |
| Signed on behalf of the provider                   | <hr/> J Howells       |                    |
| Name of signatory                                  | <hr/> Jessica Howells |                    |
| Role of signatory (e.g., chair, director or owner) | <hr/> Chair           |                    |
|  | <hr/>                 |                    |

### Other useful Early Years Alliance publications

- Nutritional Guidance for the Under Fives (Ed. 2009)
- The Early Years Essential Cookbook (2009)
- Healthy and Active Lifestyles for the Early Years (2012)