



Safeguarding and Welfare Requirement: Health

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

6.5 Food and drink

Policy statement

Pirton pre-school regard 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 as well as socially acceptable behaviours.

We are committed to working in partnership with families and professionals to support children to develop healthy eating practices which will become embedded for life. It is not only important for growth but for learning, promoting positive habits and attitudes towards healthy eating.

In order to ensure we meet each child's individual needs and promote healthy eating we carry out the following:

- Before a child starts to attend the setting, we ask their parents about their dietary needs including any allergies. A health care plan is completed with the parents.
- We regularly consult with parents to ensure that our records of their child's dietary needs, including any allergies, are up to date.
- We display current information about individual children's dietary needs so that all staff are fully informed about them.
- We try to plan snacks and cooking activities in advance according to the seasons to ensure we are using fresh produce as far as possible.
- Snack plans are displayed for parents to view on the outside notice board.
- Our snack menu is approved by a dietitian and in line with the children's food trust recommendations; provide snacks avoiding large quantities of saturated fats, sugar and salt as well as artificial additives, preservatives and colourings.
- We aim to provide at least one portion of fruit and/or vegetable each day.
- We do not provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- 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, as well as about

food allergies. We take account of this information in the provision of food and drinks.

- We encourage parents to provide balanced packed lunches for their children.
- We will promote healthy eating habits with the children at mealtimes but allow children freedom of choice when eating from their lunch box.
- Snacks will include familiar foods as well as giving children the opportunity to try new foods.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- During meal and snack times, we will always encourage children to gain an understanding of how food and water is an essential part of growing big and strong and where food comes from.
- 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.
- For children who drink milk, we provide semi skimmed milk at snack times.
- We take guidance from The Children's Food trust archive, HENRY and an independent dietitian
- Each child has a placemat to be used at meal and snack times which is colour coded in accordance to their dietary need if any.

Packed lunches

We cannot provide cooked meals and children are required to bring packed lunches, we:

- Enforce, with parents, that perishable contents of packed lunches contain an ice pack to keep food cool.
- Inform parents of our policy on food and drink policy.
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts, such as yoghurt or crème fraiche. We discourage sweet drinks and can provide children with water or milk at snack/meal times.
- 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.
- Provide children bringing packed lunches with cups, cutlery and plates.
- Ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion and allergies are managed effectively.

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)

<i>This policy was adopted at a meeting of Pirton Pre-School Committee.</i>	
Held on (date)	
Signed on behalf of the Management Committee / Proprietor	
Role of signatory (e.g. chairperson)	