



Health

Food and Drink

Policy statement

This setting regards snack time 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 a range of resources and materials and at snack time, 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.
- We record information about each child's dietary needs in the Registration Form and parents sign the form to say 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.
- 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 snacks and 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 discussion with parents we obtain information about dietary rules of the religious groups, to which the 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 organise snack times so that they are social occasions in which children and staff participate.
- Staff show sensitivity in providing for children's diets and allergies and do not make a child feel singled out because of her/ his diet or allergy.
- We use 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.
- Children are requested to bring a water bottle to school daily which is sent home to be washed at the end of each session.
- For children who drink milk, we provide whole pasteurised milk.

Packed lunches

- We 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 inform parents that no glass bottles are allowed.
- We encourage parents to provide an ice pack to keep food cool, particularly in the summer. We do not have the provision to store packed lunches in the refrigerator.
- Through our healthy eating policy and our focus topics in class we try to encourage a healthy balance of foods in the children's lunchboxes. (Reception class)

Review Date: September 2018