



Healthy Food and Drink

Safeguarding and Welfare Requirement: Health

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

Policy statement

We recognise that snack and lunch times are an important part of the children's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Aim

- To raise the children's awareness of nutrition by providing healthy, balanced and varied snacks to meet the nutritional requirements of a growing child.
- To encourage the children to develop positive attitudes to diet and health in the hope that this promotes healthy lifestyles and well-being throughout their lives.
- To encourage and develop the children's skills so that they can make informed choices about food and drink.
- To provide activities which promote healthy eating and drinking that benefit both children and parents.
- To provide good role models for healthy eating and behaviour from the adult participation and supervision during snack and lunch times.

Procedures

- Before a child starts at Thames Pre-School we ask parents about dietary requirements and preferences including any cultural, religious or medical needs or food allergies.
- We record information about each child's dietary needs in the registration form and parents sign the form to signify 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 in the kitchen 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.

Snacks

- The menu is organised to provide a healthy, nutritious and balanced diet. We aim to avoid large quantities of fat, salt and sugar and artificial colouring, additives or preservatives. Fresh fruit is also provided daily as an alternative to the snack on offer.
- We display the weekly snack menus for parents to view on the notice board outside the setting and on Facebook.
- We provide healthy, nutritious foods, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- 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.
- 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 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 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 plan cooking activities where the children have the opportunity to make their own healthy snack.
- We use snack times to help children to develop independence through making choices, serving 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 provide semi-skimmed milk or water for the children to choose to drink.

Hot Lunches

- Hot lunches can be ordered by parents using the Dolce Catering Ltd online ordering system.
- This system allows parents to choose from a selection of meal options.

Packed lunches

- We encourage parents to provide an ice pack in their packed lunch bag to keep food cool.
- We inform parents of our policy on healthy eating.
- We inform parents that we do not have facilities to microwave cooked food brought from home.

- We encourage parents to provide sandwiches with a healthy filling, fruit, and milk based desserts, such as yoghurt or fromage frais.
- We discourage packed lunch contents that consist largely of crisps, processed foods, fizzy 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 encourage parents to minimise the risk of choking by requesting that all grapes, cocktail sausages and cherry tomatoes are cut into quarters.
- We request that no food containing nuts is provided in their child's lunch bag.
- At the lunch table, each child is provided with a mat with pictures of numerals 1, 2, 3 and a drink. The children are encouraged to put their main foods on number 1, yoghurt and/or fruit on number 2 and their treat (if one is provided) on number 3. The children are encouraged to eat their food in order 1-3.
- We are aware that some children may not want to eat some or part of their lunch. Practitioners will encourage the children to eat some, if not all, of their food in the order as described above. If a child's food intake is cause for concern, we will speak to the parents.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- We encourage staff who sit with children to eat their lunch so that the mealtime is a social occasion.

Drinking Water

- All parents provide a water bottle for their child which is filled with fresh water every day they attend by the key person. The child is made aware that their water bottle is available to access throughout the session and that they can ask for a refill at any time during the day. All children are encouraged to access their water bottles through the day.
- The children's water bottles are sterilised by their key persons on a weekly basis.

Curriculum

- We discuss healthy practices, including the need to drink water after physical exercise and hot weather.
- We promote the understanding of why some foods are healthy and others are not.
- Children participate in cooking activities and growing their own fruit and vegetables in the garden.
- We encourage children to try foods from a range of cultures (respecting parental views and taking into consideration children's dietary requirements).

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

This policy was adopted at a meeting of	<u>Thames Pre School</u>
Held on	<u>January 2020</u>
Date to be reviewed	<u>January 2020</u>
Signed on behalf of the provider	<u>Kathryn Reed</u>
Name of signatory	<u>Kathryn Reed</u>
Role of signatory (e.g. chair)	<u>Chair</u>