

St Michael's Pre-school

General Welfare Requirement: Safeguarding and Promoting Children's Welfare

The provider must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill.

Promoting health and hygiene

1.19 Food and drink

Policy statement

The pre-school regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating through planned and spontaneous activities. We have a fruit and vegetable healthy eating policy at snack time and encourage parents to provide nutritious food, which meets their child's individual dietary needs, for lunch.

EYFS Key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

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. (See the Managing Children who are Sick, Infectious or with Allergies policy.)
- We record information about each child's dietary needs in her/his medical information sheet and care plan and parents sign the record 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, with parental consent, 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. In line with EU Food Information Consumers (FIC) regulations we ensure that we provide parents with accurate allergen information about food that we provide that contains any of the 14 specified allergens
- In cooking and tasting activities we plan to 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 use food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- As required we discuss with parents and research to obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- 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 organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal 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.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- We try to give parents 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 children who drink milk, we provide semi-skimmed pasteurised milk.

Packed lunches

We:

- ensure that parents are aware that perishable contents of packed lunches may be refrigerated
- inform parents of our policy on healthy eating;
- encourage parents to provide nutritious food, which meets their children's individual dietary needs.

- 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 plates, cups and cutlery if necessary.
- ensure staff sit with children so that the mealtime is a social occasion.

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)*
www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/

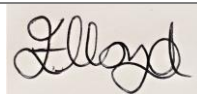
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This policy was adopted at a meeting of

Held on 30/10/2023 (date)

Date to be reviewed _____ (date)

Signed on behalf of the management committee



Name of signatory Ellena Lloyd

Role of signatory (e.g. chair/owner) Chair of the Management Committee

Other useful Pre-school Learning Alliance publications

- Nutritional Guidance for the Under Fives (Ed. 2010)
- The Early Years Essential Cookbook (2009)
- Healthy and Active Lifestyles for the Early Years (2012)