



## Promoting Health and Hygiene - Food and Drink

### Policy Statement

This setting 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 using resources and materials. At snack time we aim to provide varied nutritious food, which meets the children's individual dietary needs. We have a snack donation box, where children can bring in their favourite fresh foods to share.

### 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 with Allergies policy.)
- We record information about each child's dietary needs on their information card and these are updated regularly.
- 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/staffs dietary needs so that all staff, volunteers and students are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs, as well as their parents' wishes.
- We display the snacks on the Information for Parents board daily.
- We provide nutritious healthy snacks. Sometimes for a treat the children bring in cake etc to celebrate birthdays.
- Snack can include foods from different countries and cultures providing children with familiar foods and introducing them to new ones.
- We aim to keep Whitsers a nut free zone and we remind parents at parties/lunch club not to provide anything 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 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, 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 provide a rolling snack so it is a social occasion in which children and which staff prepare and participate. At least one member of staff each day has completed the

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Food Hygiene Certificate and she ensures that all other staff are aware of the strict hygiene regulations during preparation of snack. This is incorporated during regular staff meetings.

- 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.
- 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 have a fridge available for lunch boxes and parents are made aware of this.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another, staff regularly remind children of this through discussion.
- For children who drink milk, we provide whole pasteurised milk, or an alternative if requested.

#### **Packed lunches (see Lunch Club Policy)**

- We ensure every packed lunch is placed in the Memorial Hall refrigerator.
- We inform parents of our policy on healthy eating.
- We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

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