

### 6.5 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. At snack and meal times, 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. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
- We record information about each child's dietary needs in her/his registration record 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. Parents sign the up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We display a picture snack board menu for the information of parents and children.
- All staff involved in preparing and handling food hold an up to date Food Hygiene Certificate.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- Foods we include for snack are:
  - Cereal, bread (toast), crackers, crumpets, bread sticks, pitta bread, naan bread; dips such as humus, peanut butter, cheese, plain yogurt and a variety of fruit vegetables.
- The children grow a variety of vegetables and herbs which are used within cooking activities and consumed during snack or taken home.
- 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 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 lunch and snack times so that they are social occasions in which children and staff participate.
- We use lunch 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.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- Ofsted must be notified of any cases of food poisoning affecting two or more children with 14 days.

#### *Packed lunches*

- We offer a fridge for perishable contents of packed lunches;
- We inform parents of our policy on healthy eating;
- We encourage parents to provide sandwiches with a healthy filling, 2 portions of fruit or veg, a milk-based deserts such as yoghurt or crème fraîche and if needed 1 small treat item such as a biscuit or dried fruit bar.
- We encourage parents to ensure children's drinks are either water or no added sugar juice drink.
- We discourage packed lunches that consist largely of crisps, processed foods, sweet drinks, and sweet products such as cakes or biscuits.
- All staff sit with children to eat their lunch so that the mealtime is a social occasion.
- We kindly ask parents to avoid using any single-use plastics in children's lunches wherever possible.
- We refer parent's to the NHS change 4 life website <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes> which provides advice on easy-to-prepare lunch ideas that kids will love, as well as tips on what else to put in their lunchbox.

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| This policy was adopted by | Sennen and Land's End Pre-school |
| On                         |                                  |
| Date to be reviewed        |                                  |
| Name of signatory          |                                  |
| Role of signatory          |                                  |