

Safeguarding and Welfare Requirement: Health

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



Food and drink

Legal framework

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

Policy statement

We regard snack and meal times as an important part of our day. Eating represents a social time for children and adults, and helps children to learn about healthy eating.

Procedures

We follow these procedures to promote healthy eating in our pre-school.

- Before a child starts to attend the pre-school, we ask their parents about their dietary needs and preferences, including any allergies. We record information about each child's dietary needs on the Registration Form.
- 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 on the white board about individual children's dietary needs so that all our practitioners 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.
- On the odd occasion when we provide food, i.e party's and cooking, we take care not to provide food containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts and eggs.
- Through discussion with parents, 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 show sensitivity for children's diets and allergies. We 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 adults participate.

- We use snack times to help children to develop independence, pouring drinks and feeding themselves.
- Children supply their own named drinking bottle, where it is located within easy reach for the child to have full access to it. We inform the children about how to obtain their water and that they can ask for additional water at any time during the day.
- Parents providing snacks are asked to provide a healthy option; this must be labelled to avoid confusion.
- We ask parents providing lunch for their children to bring them in a named container with an ice block or pack inside.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another. On rare occasions parents may give consent to allow their child to share adults lunch to experience other foods and tastes.
- For children who drink milk, we provide semi-skimmed milk as a drink.

Packed lunches

Children are required to bring packed lunches, we:

- Request perishable contents of packed lunches contain an ice pack to keep food cool;
- inform parents of our policy on healthy eating;
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk-based deserts, such as yoghurt or crème fraiche.
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
- ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.

Snacks

Children are required to bring in a daily snack, we:

Request all snacks are in a named container.

Encourage healthy eating and offer suggestions of snacks we would consider as suitable for snack.

Suitable snacks could include fruit, currents, crackers, rice cakes, breadsticks, cheese, yogurt coated fruit pieces, fruit string, carrots, cucumber and similar.

Parents are requested not to provide, crisps, biscuits or chocolate for the purpose of snacks.

Policy adopted on 9/1/23

Signed on behalf of Bagshot Pre-school

Susan Michel

Role within the Pre-school Manager