

Tickton Pre-school and Play Pals Healthy Foods and Drinks Policy.
and
Healthy Packed Lunches Policy.



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Working in conjunction with the Early Years Foundation Stage Statutory Framework (EYFS)
and 'Eat Better, Start Better'.

Quality and Consistency.

A Secure Foundation.

Partnership Working.

Equality of Opportunity.

Unique Child

Positive Partnerships

Enabling Environment

Learning and Developing

'Eat Better, Start Better'.

EYFS

Policy Statement:

We recognise that snack and meal times are an important part of a child's day. It is a social time for children to enjoy food. We aim to provide healthy, balanced, varied and nutritious food and drink to meet children's needs and encourage children to develop and promote healthy lifestyles and well-being throughout their life.

Any food or drinks we provide children with must be healthy, balanced and nutritious.

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary requirements needs.

Fresh drinking water is available for children at all times.

We provide a designated eating area for children.

A healthy diet is a key factor in determining health in later life. Eating habits are established at a young age making the early years environment an ideal setting in which to influence children's diet. Children in early years and childcare settings should be given the opportunity to try, and to taste repeatedly, a wide range of nutritious foods.

Our healthy Food and Drinks coordinator (PANco) is Sharon Haysom (Deputy Manager)

Procedures

- Tickton Pre-school and Play Pals provide snacks for children these must be healthy balanced and nutritious, following the guidance set out in '*Eat Better, Start Better*'.
- Tickton Pre-school and Play Pals must obtain information about children's special dietary requirements, preferences and food allergies before starting at the setting. Information about any special health requirements must also be obtained. Practitioners must record and act on information from parents and carers about a child's dietary needs.
- Fresh drinking water must be available for children at all times.
- All staff members who prepare snacks must be competent to do so and have a food hygiene training certificate. All staff members must attend food hygiene training every 3 years.
- Staff will sit with children while they eat and will provide a good role model for healthy eating.
- Children will be encouraged to develop good eating habits and will be given plenty of time to eat.
- Parents of children who are on special diets will be asked to provide as much information as possible
- All snacks must be prepared in the kitchen area. The kitchen space for preparing food must remain clean and hygienic at all times.
- Ofsted must be notified of any food poisoning affecting two or more children who are looked after by Tickton Pre-school and/or Play Pals. Notification must be made as soon as reasonable practicable, but within 14 days.

- We record information about each child's dietary requirements and needs in her/his registration record and parents sign the record to signify that this information is correct. We regularly consult with parents to ensure that our records of their children's dietary requirements and needs - including any allergies - are up to date. Parents sign the updated record to signify that this information is correct.
- We display current information about individual children's dietary requirements and needs within our lockable food cupboard, so all staff and volunteers are fully informed about children's dietary needs.
- All food provided by us at snack times is nutritious, avoiding large quantities of saturated fat, sugar, salt, artificial additives, preservatives and colourings. All food served in within the guidelines set out in 'Eat better, Start Better'.
- We include foods from the diet of each child's cultural background, providing children with familiar foods and introducing children to new foods, all within the guidelines set out in *'Eat better, Start Better'*.
- We take care not to provide foods containing nuts or nut products and are especially vigilant where child/ren have known nut allergies.
- Through discussion with parents and through written literature/ research staff obtain information about the dietary requirements of religious groups and cultures, to which children and their parents belong and ensure that these requirements are met.
- We operate a snack bar system with the support of early year's practitioners.

- We require staff to show sensitivity in providing for children's diets and allergies. Staff must never use a child's diet or allergy as a label for a child. Staff must ensure children never feel singled out because of her/his diet, allergy or requirement.
- 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 develop independence through making choices, serving and pouring food and drink and feeding themselves.
- We provide seating at meal times that allows young children to have their feet firmly on the floor.
- Staff members create time to discuss healthy options and choices with children.
- We provide milk and water for children to drink.
- Children are allowed to pour their own drinks.
- Staff must acknowledge and encourage children's efforts in making healthy choices and in trying new healthy foods.
- We provide children with utensils that are appropriate for their age and stage of development. We always take into account the eating practices of children's cultures.
- We have fresh drinking water constantly available for the children. We discuss with all children about how they can obtain water independently. We explain to children that they can ask for drinking water at any time during the day.
- Children are offered 2 healthy appropriate snacks during the day – in line with guidance set out in *'Eat Better, Start Better'*. If children use wrap-around care we also provide a healthy nutritious breakfast in a morning – in line with guidance set out in *'Eat Better, Start Better'* (please see set rotating snack menu plan).
- 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.

- We encourage and support children to drink throughout the day.
- The lunch menu is on a rolling rota which is based on 'Eat Better, Start Better' and also considers parental views. This allows children who attend for one session to be introduced to wide range of heathy foods.

Packed lunches

- We ensure pack lunches are stored safely on our pack lunch trolley.
- Practitioners / key person / pre-school manager are available at the end of the day / session if parents wish to talk about the menu or their child/ren has consumed.
- If children arrive at the setting before 9:15am their pack lunches must be refrigerated.
- We provide information to parent's/carers about the importance of providing healthy balanced lunch boxes for children– this information is provided at induction times, within the settings prospectus and upon request. Information is also available in the welcome unit in the entrance hall and displayed on the welcome board within the setting.
- We encourage parents to provide healthy foods (sandwiches/wraps with healthy fillings), fruit, and milk based deserts such as yoghurts. We discourage sweet drinks and can provide children with water or milk. We discourage packed lunches that contents 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;
- We provide children who bring packed lunches, with plates, cups, cutlery and table clothes.

- We ensure that staff sit with children during snack and meal times, so that mealtimes are a social occasion and remain safe.
- We regard snack and meal times as an important part of the settings session/day.
- Eating represents a social time for children and adults and helps children to learn about healthy eating.
- We have regard for the Allergen Awareness 2014 legislation and follow a system to record ingredients of all snacks prepared on site.
- We aim to meet the full requirements of the Early Years Foundation Stage.
- Before a child starts to attend the setting, we find out from parents their children's dietary needs, including any allergies. 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.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
- We plan snacks/food in advance, trying out new foods where we can, taking note of which particular foods the children enjoy and reflect cultural diversity and variation.
- We display the menus of snacks/food for the information of parents.

- We provide nutritious food at all snack times, avoiding large quantities of 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.
- 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, 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.
- Staff set a good example and eat with the children and show good table manners. Meal and snack times are organised so that they are social occasions in which children and staff participate in small groups.
- During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged.
- 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 which are appropriate for their ages and stages of development and which take account of the eating practices in their cultures.

- We have fresh drinking water constantly available and accessible for the children. It is frequently offered to children and intake is monitored. In hot weather staff will encourage children to drink more water to keep them hydrated.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- Adults will sit with children during meals to ensure safety and minimise risks. Where appropriate, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods.
- For children who drink milk, we provide semi-skimmed pasteurised milk.
- Food hygiene matters are included in the induction training for new staff and as part of their training plan, all staff must complete the Food Hygiene: Level 2/3 qualification.
- We do not allow children to bring in sweets or cakes from home. Birthday cakes are allowed and this is discussed with children.
- In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the setting, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.
- No child is ever left alone when eating/drinking to minimise the risk of choking
- Information specifically regarding our allergy policies and practices can be found in our 'Allergies policy'.