

Promoting health and hygiene

2.5 Food and drink

Policy statement

This setting regards snack and meal times as an important part of the setting's routine. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack and meal times, we encourage parents/carers to provide nutritious food, which meets the children's individual dietary needs.

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	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 with Allergies policy.)
- We display current information about individual children's dietary needs so that all staff and volunteers are aware of them.
- We ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- 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.
- Fresh drinking water is available and accessible at all times whilst on nursery premises. 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.
- For children who drink milk, we provide whole milk pasteurised milk. (On occasion we may provide semi skimmed if this is what the milkman has delivered)
- Staff receive training in food hygiene.

Packed lunches

- As the setting has no facilities to refrigerate lunch boxes, we encourage parents to include an ice-pack in their child's lunch box.
- We inform parents of our policy on healthy eating.
- We encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraîche. We discourage sweet drinks and can provide children with water or milk.
- We aim to have at least one member of staff sitting to eat with the children whilst they eat their lunch so that the mealtime is a social occasion.

<u><i>Adopted by:</i></u>	<u><i>Signature:</i></u>	<u><i>Date:</i></u>	<u><i>Position:</i></u>
<i>H Budd</i>		<i>13/08/12</i>	<i>manager</i>
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