



Healthy Eating Policy

Promoting health and hygiene

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 times and during Breakfast and Twilight (Wraparound care), 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
- We have a member of staff responsible for reviewing children allergies, this is Helen Excell our Health & Safety Officer
- In view of the number of children who suffer from allergies, peanuts, peanut butter and any products containing nuts are **not** allowed on the premises and should not be used in any circumstances. If they do appear in the setting, we remove and return to parent with a note.
- 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 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, notices are displayed at snack bar.
- We provide nutritious food for all snacks, breakfast and twilight avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the four main food groups:
 - dairy foods;
 - grains, cereals and starch vegetables; and
 - fruit and vegetables.
- 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.
- We organise 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.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can get water at any time during the day. Teddies Room children also bring in their own individual water bottles.
- 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.

Packed lunches

- ensure perishable contents of packed lunches contain an ice pack to keep food cool by asking the parents to provide an ice pack within their individual lunchboxes;
- inform parents of our policy on healthy eating;
- Staff will sit with children whilst eating packed lunches making sure they are in sight and hearing of children, encouraging children to eat the food provided and replace anything not consumed in their packed lunch box. This will help the parent monitor their child's eating habits.
- Encourage parents to provide sandwiches with a healthy filling. We provide children with water
- discourage packed lunch contents that consist largely of sweet products such as cakes or biscuits

Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

Further guidance

- *Safer Food, Better Business*
www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/

This Policy was reviewed at a Management Meeting held on 1st September 2023.



Mrs Victoria Relle - Chairman of Brenchley Pre-School Limited