



# PUDDLEDUCKS

## Nursery & Pre-School

### FOOD AND DRINK POLICY

#### Policy Statement

This setting regards 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. At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

#### Procedures

- Before a child starts to attend the setting, we find out from parents the children's dietary needs and preferences, including allergies. (See the Managing Children who are sick or 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 the children's dietary needs - including any allergies - are up to date. Parents sign the updated record to signify that it is correct.
- We display current information about individual children's dietary needs within the kitchens of all rooms, so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink which are consistent with their dietary needs and preferences as well as their parent's wishes.
- We plan menus in advance, involving children and parents in the planning.
- We display the menus of meals/snacks for parents to view.
- Where food is provided, in circumstances where there is shortage of food supplies, it may be necessary to ask parents to supply a packed lunch. The following procedures must be followed:
  - Babies and toddlers hands are washed prior to being given food or drink
  - Staff who are eating with the children must role-model hygiene best practice
  - Tables are never overcrowded during mealtimes. Some social distancing is encouraged even though it is acknowledged that children will play in close proximity for the rest of the session.
- We provide nutritious food for snack, 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:
  - meat, fish and protein alternatives;
  - 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
- 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.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of 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 drink
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- We give parents who provide food for their children information about suitable containers for food.
- When cooking with children as an activity, the adults will provide healthy, wholesome food, promoting and extending the children's understanding of a healthy diet.
- 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.
- For young children who drink milk, we provide whole pasteurised milk. We slowly introduce semi-skimmed milk from the age of two years; firstly into meals and dishes, such as on cereal, before offering it as a drink, so that the transition is gradual.
- 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.
- For each child under two, we provide parents with daily written information about feeding routines, intake and preferences.

#### **Packed Lunches**

- We ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep cool.
- Inform parents of our policy on healthy eating.
- Inform parents of whether we have facilities to microwave cooked food brought from home;
- Encourage parents to provide sandwiches with a healthy filling, fruit and milk based deserts such as yoghurt or crème fraîche where we can only provide cold food from home. We discourage sweet drinks and can provide children with water or milk.

- We discourage packed lunch contents that consist largely of crisps, processed foods, sweets drinks and sweet products such as cake or biscuits. We reserve the right to return the food to the parent as a last resort.
- We will provide children, bringing packed lunches with plates, cups and cutlery and where possible allow staff sit with the children to eat their lunch so that the mealtime is a social occasion.

### **Food Poisoning**

- We notify Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as is reasonably practicable, but in any event within 14 days of the incident.

### **Legal Framework**

Regulation (EC) 853/2004 of the European Parliament and of the Council of the hygiene of foodstuffs