

General Welfare Requirement: Safeguarding and Promoting Children's Welfare

Glebe House School Early Years Staff must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill.

Promoting health and hygiene

1.20 Food and drink

Policy statement

Glebe House School regards snack and mealtimes 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. We promote healthy eating using resources and materials from various external agencies and books. At snack and mealtimes, we aim to provide nutritious food, which meets the children's individual dietary needs. Those responsible for the preparation and handling of food are competent to do so and hold Food Safety Certificates and are registered with the relevant local authority environmental health department.

EYFS Key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and 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 who are sick, infectious or with Allergies policy.)
- We record information about each child's dietary needs in her/his registration records 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. 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.
- Children also have place mats with their names and dietary requirements on to help keep all children as safe as possible whilst eating within our settings

- 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.
- We plan menus in advance, involving children and parents in the planning where possible
- We display the menus of meals/snacks for the information of parents.
- We provide nutritious food for all meals and snacks, 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 are especially vigilant where we have a child who has a known allergy to nuts or any other food.
- 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 provide a vegetarian alternative on days when meat or fish are offered and make every effort to ensure meals remain balanced
- 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 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.
- 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.
- In accordance with parents' wishes, we offer children arriving early in the morning - and/or staying late - an appropriate meal or snack, depending on each of our settings routines and meal and snack times
- We inform parents who provide food for their children about the storage facilities available in the setting and advise them on how to store food safely by providing their child with a cool block in their lunch bag to keep their meal safe.

- We give parents who provide food for their children information about suitable containers for food.
- We work in accordance with the Food Standards Agency “Think Allergy” guidance, to protect children with food allergies; we also discourage children from sharing and swapping their food with one another and display allergens lists around the nursery to protect children.
- For children who drink milk, we provide whole pasteurised milk and semi-skimmed once a child is two.
- For each child under two, we provide parents with daily verbal feedback or written information about feeding routines, intake, and preferences.
- We encourage families to follow healthy eating routines through leaflets etc
- Staff sit with children to eat their lunch so that the mealtime is a social occasion and so that children are kept safe whilst eating from choking
- Children sit around tables in small groups with key persons for emotional support, also so their carers can feed back to parents what they have eaten and how much etc
- Two or more cases of food poisoning must be reported to Ofsted within 14 days of the occurrence and to the local authority environmental health department

Packed Lunches

Parents may bring in packed meals for their child if they are in receipt of Early Years Funding or we do not provide cooked meals on that site, then:

- Parents are told to ensure perishable contents of packed lunches contain an ice pack as we do not have enough fridge storage space for their food.
- Inform parents of our policy on healthy eating
- Encourage parents to provide their children with healthy food and water/milk only
- Discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
- Parents are asked not to provide children with food containing nuts or traces, or out of date food; if they do we reserve the right to return this food to the parent/carer.
- Provide children bringing packed lunches with plates, cups, and cutlery.
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

Legal Framework

- HM Government: <https://www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england>
- Food Standards agency: <https://www.food.gov.uk/>

Further guidance

- *Safer Food, Better Business (Food standards agency updated Jan 2020)*
- *Eat Better Start Better – Voluntary Food & Drink Guidelines for Early years Settings in England(updated 2017)*
- Food Standards Agency “Think Allergy”

<https://www.food.gov.uk/sites/default/files/media/document/thinkallergy.pdf>

	Glebe House Trust Nurseries	name of setting
This policy was adopted at a meeting of		
Held on	<hr/> November 2023	(date)
Date to be reviewed	<hr/> November 2024	(date)
Signed on behalf of the management committee		
Name of signatory	<hr/> Susie Pull	
Role of signatory (e.g. chair/owner)	<hr/> Area Manager Glebe Trust Nurseries	

Other useful Pre-school Learning Alliance publications:

- Nutritional Guidance for the Under Fives (2005)