

Safeguarding and Welfare Requirement: Health

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.



6.5 Food and drink (including lunch club)

Policy statement

Our 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. We promote healthy eating using resources and materials from the Pre-school Learning Alliance. At snack and meal times, 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 ask their parents about their 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 the Registration Form and parents sign the form 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.
- 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 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:
 - dairy foods;
 - multi cultural snacks
 - grains, cereals and starch vegetables; and
 - fruit and vegetables.
- 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.

- 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, as well as 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 ask for water at any time during the day.
- For children who drink milk, we provide whole pasteurised milk.
- If cooking is done as an activity we use healthy wholesome food promoting and extending understanding of a healthy diet.

Lunch Club

Our lunch club runs from 11.30 am – 12.30pm each day and is run by our qualified practitioners. At least one practitioner with paediatric first aid training is on site during the lunch period. The operation of lunch club is overseen by the Manager/Deputy Manager.

Procedures

We ask parents to provide a healthy packed lunch for their child, including a drink, and taking into account that Foundry Lane Community Playgroup is a permanent “nut-free zone” and packed lunches must not contain any nuts, nut products or anything containing nuts. We encourage parents to use an insulated lunch box and always include a re-freezable ice pack to keep the food as cool and as fresh as possible. In line with health guidelines, we encourage parents to cut grapes and cherry tomatoes into quarters to prevent potential choking hazard.

- Practitioners prepare the room for lunch club with tables, chairs and lunch boxes.
- Children are encouraged to wash their hands before sitting down to eat.
- We are unable to reheat food.
- Staff check packed lunches to ensure food is in date and not subject to mould
- To protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- Children are encouraged to remain seated and not walk around with food.
- When children have finished their lunch, they are expected to join in with a quiet activity.
- Once lunch club has finished, free flow play including outdoor play continues.

Legal framework

- Regulation (EC) 853/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

Further guidance

- Safer Food, Better Business (Food Standards Agency 2011)

Other useful Pre-school Learning Alliance publications

- Nutritional Guidance for the Under Fives (Ed. 2010)
- The Early Years Essential Cookbook (2009)
- Healthy and Active Lifestyles for the Early Years (2012)

This policy was adopted at a meeting of	Foundry Lane Community Playgroup Management Committee
Held On	15 th July 2009
To be reviewed	Annually
Signed for and on behalf of Foundry Lane Community Playgroup Management Committee	
Name of Signatory	K. Heath
Role of Signatory	Chairperson

Review Date	Reviewed By (Name)	Role	Signed
05/01/12	V. Whybrew	Chairperson	
19/06/12	B. Angel	Chairperson	
28.02.13	B. Angel	Chairperson	
31.01.15	C.Carstairs	Treasurer	
11.04.16	S. Andrade	Chair	
01.03.17	J. Tanner	Chair	
19.03.18	J. Tanner	Chair	
09.05.19	J. Stephens	Chair	
10.07.2020	J. Stephens	Chair	