

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

Policy statement

Our setting regards snack and meal times as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack time 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 record information about each child's dietary needs in their Registration form.
- Through regular contact with parents the parents are able to inform the staff of any changes to their children's dietary needs - including any allergies. If there is a change then parents sign the up-dated record to signify that it is correct. A child with a known allergy who will be having meals provided by Fairford primary school is required to complete a Caterlink dietary needs information sheet (see our website to download).
- We seek consent to display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them. A photo of the child with the details of their allergy is displayed in the kitchen and the adult toilet.
- 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 display the daily menus of meals available from Fairford Primary school for the parents in the foyer and on our website. Fairford Primary School cannot guarantee that food provided is nut free.
- At lunch time children can bring a packed lunch or pay for a meal from Fairford primary school. If a parent has left without leaving a lunch or lunch money for their child and cannot be contacted we will try to provide a lunch for that child (taking into consideration any allergies) and the parent will be charged. Fairford Primary school and Pre-School provide healthy snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- At snack time we give the children foods from the following 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.

- 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.
- From 13/12/14 a record of all foods containing any of 14 allergens listed by the Food Standards Agency that are given to the children are noted on a sheet kept in a folder in the kitchen. A list of food allergens is available from Caterlink for all the school meals provided by them to our setting.
- 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.
- The Primary School provides a vegetarian alternative on days when meat or fish are offered and make every effort to ensure Halal meat or Kosher food is available for children who require it.
- 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 tap drinking water constantly available for the children both inside and in the outside play area. We inform the children how to obtain the water and that they can ask for water at any time during the day.
- Any food requiring re-heating is heated and checked with a temperature probe to ensure re-heating temperature is 75°C and recorded in a log book (one page per child).
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another and request that no lunches contain peanut butter/spread or loose nuts.
- For children who drink milk, we provide semi-skimmed pasteurised milk.

Packed lunches

When children bring packed lunches, we:

- advise parents to put an ice block in their child's lunch bag during hot weather as lunch bags are kept at room temperature.
- inform parents of our policy on healthy eating;
- inform parents that we are able 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. We discourage sweet drinks and can provide children with water or milk. We ask that grapes are cut in half lengthwise to reduce the risk of choking;
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;
- provide children bringing packed lunches with plates and cups and cutlery if required
- ensure staff sit with children to eat their lunch so that the mealtimes are a social occasion. Staff will help the children with their meals and cut food as necessary especially items eg. cherry tomatoes, grapes and small sausages that may be a choking hazard.
- If a child has not been given enough food in their lunch box then we will ask the parent to send the child with more food the next time they come.
- If a child refuses to eat little or any of their food the parent is contacted by phone to discuss the course of action

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 (Food Standards Agency 2011), Allergen guidance 2014

This policy was adopted at a meeting of	Fairford Pre-School	name of setting
Held on	21.5.08	
Reviewed	09/05/17	(date)
Date to be reviewed	09/05/18	(date)
Signed on behalf of the management committee	_____	
Name of signatory	_____	
Role of signatory (e.g. chair/owner)	_____	