

Felixstowe Nursery School

Safeguarding and Welfare Requirement : Health

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

Food and drink

Statement

Our setting regards snack times as an important part of the settings day. Eating represents a social time for children and adults and allows the children to learn about healthy eating. We promote healthy eating using resources and learning about healthy foods and practices through a wide range of activities. At snack time, we aim to provide good quality nutritious food that meets the children's individual dietary needs.

Procedures

We follow these procedures to promote healthy eating in our setting.

- Prior to a child starting our setting we find out from their parents their dietary needs and requirements, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
- We record information about each child's dietary needs on their registration form and parents sign this to signify it is correct.
- We regularly consult parents to check the information is correct and current any amendments are made and signed by the parent.
- We display current information about the child's individual allergies / dietary requirements in the kitchen area so it is visible to all staff. A photograph of the child is displayed next to the information, ensuring the right child has the correct information about their requirements and is easily identified by all staff and volunteers.
- The photograph of the child and their current information ensures all staff are aware that they only receive food and drink that is consistent with their dietary needs and requirements and what their parents have specified.
- We display on a board near our snack area what is for snack on that specific day for parents information and also the children's.
- We send out questionnaires asking for parental ideas and requests about foods their likes and dislikes and what they what type of foods they would like us to provide if we don't already.
- We provide nutritious foods for snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a wide variety of foods from the main food groups in our snack time.
- We include foods from the diet of each of the children's cultural background,

providing the 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 nut allergy.
- Through discussion with parents and staff carrying out research, we obtain information about the dietary rules of the religious groups to which the 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.
- We provide a vegetarian option on the days when meat or fish are offered and make sure 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 their diet or allergy.
- We organise snack times so that they are social occasions in which children and staff participate.
- We use snack time to encourage and develop independence through making choices , serving food and drink themselves.
- We operate a running snack to allow children the choice of when they have their snack and to give them freedom to spend their time in free play how they wish to spend it. An adult is always present at the snack table to ensure their safety, provide assistance as required and promote social skills.
- We provide children with utensils that are age appropriate and suitable for their stage of development and take into account the eating practices of their cultures.
- We always have fresh drinking water available throughout the session that the children can access themselves or have the assistance of an adult if required.
- In order to protect children with food allergies , we discourage children from sharing snack and swapping their food with one another.
- For the children who drink milk , we provide semi-skimmed milk.
- All staff receive food hygiene training and refreshers to ensure safe best practice is maintained.
- We use anti-bacterial gel on our hands and the children's prior to the having their snack to promote hygiene ensuring hands are clean and safe from germs minimising possible risks if running water is not available ie. on trips . Parents sign a permission slip for this as the child starts the setting.
- We encourage the children to try a wide range of foods but respect their choices and do not discriminate them because of this.
- We have visits from the community dentist to support us on the importance of healthy eating.
- We introduce children to foods from different countries and that are eaten at certain festivals and celebrations.

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

This policy was adopted at a meeting of Felixstowe Nursery School.

Held on

Date to be reviewed.....

Signed by Chairperson.....

Signed by Manager.....