



Christchurch Kindergarten Children's Nursery Limited

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Promoting health and hygiene

23 Food and drink

Policy statement

A **Christchurch Kindergarten Children's Nursery Limited** regards snack and meal times 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. During snack and tea times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures

At **Christchurch Kindergarten Children's Nursery Limited** 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 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 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 with their photo so that all staff and volunteers are fully aware of 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 plan menus involving children in the planning.
- As part of healthy children are better learners and to reinforce to parents good qualities of fruit we encourage all parents to bring in 5 fruits per week. We cut them into pieces and children share them during snack time.

- 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:
 - 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.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious group's 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 Egg is offered.
- 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 breakfast, snack and high tea.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide organic semi skimmed milk.

Packed Lunches

At **Christchurch Kindergarten Children's Nursery Limited** we do not have facilities to provide cooked meals and children are required to bring packed lunches. We:

- Ensure perishable contents of packed lunch are refrigerated or contain an ice pack to keep food cool;

- Inform parents of our policy on healthy eating during induction.
- Inform parents that we have facility to microwave cooked food brought from home;
- Encourage parents to provide sandwiches with a healthy filling, pasta, other healthy cultural food, fruit, and milk based deserts such as yoghurt Water is available for children at all times.
- We discourage sweet drinks, processed foods, cakes and biscuits. We reserve the right to return this food to the parent with an explanation as a last resort.
- We provide plates, cups and cutlery.
- Ensure staff sit with children, so that the mealtime is a social occasion.

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*
www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/

Other useful Pre-school Learning Alliance publications:

- Nutritional Guidance for the Under Fives (2005)

