**Promoting health and hygiene**

**1.19 Food and drink**

**Policy statement**

Burghclere Pre-School 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 from the Pre-school Learning Alliance campaign *Feeding Young Imaginations*. At snack and meal times we aim to provide nutritious food, which meets the children's individual dietary needs. We ask for a small voluntary donation from parents of £5.00 per half term to cover the cost of the snack provided by the setting.

**EYFS Key themes and commitments**

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| **A Unique Child** | **Positive Relationships** | **Enabling Environments** | **Learning and Development** |
| 1.4 Health and well-being | 2.1 Respecting each other2.2 Parents as partners2.4 Key person | 3.2 Supporting every child3.4 The wider context | 4.4 Personal, social and emotional development |

**Procedures**

Burghclere Pre-School 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 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 from the four main food groups:
* meat, fish and protein alternatives
* dairy foods
* grains, cereals and starch vegetables
* 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 groups to which children and their parents belong, 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 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 feels 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.
* We inform parents who provide food for their children about the storage facilities available in the setting.
* We give parents who provide food for their children information about suitable containers for food.
* 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 semi skimmed milk.

*Packed lunches*

Burghclere Pre-School will:

* Inform parents of our policy on healthy eating.
* Inform parents we are unable to warm up any food items in the microwave and therefore discourage cooked food brought from home.
* Encourage parents to provide a healthy, balanced lunch, which may include a sandwich with a healthy filling and fruit, amongst other items.
* Discourage sweet drinks and can provide children with water or diluted fresh fruit juice.
* 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, cups and cutlery.
* Ensure staff supervise children when eating their lunch so that the mealtime is a social occasion.

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

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| This policy was adopted at a meeting of | Burghclere Pre-School |  |
| Held on |  | (date) |
| Date to be reviewed | April 2021 | (date) |
| Signed on behalf of the management committee |  |
| Name of signatory | Fatima Pridmore |
| Role of signatory (e.g. chair/owner) | Treasurer |

**Other useful Early years Learning Alliance publications:**

Nutritional Guidance for the Under Fives (2005)