Ladygrove Primary School and Nursery

Food and Drink

Due for review September 2021

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 (3.47-3.49 Statutory Framework for EYFS)

Policy statement

Our provision regards snack and meal times as an important part of a child's day. It is a social time for children to enjoy food. We aim to provide healthy, balanced, varied and nutritious food and drinks, which meet the children's needs, encouraging them to develop healthy lifestyles and promote well-being throughout their life.

We meet the welfare requirements outlined in the EYFS on food and drink:

"Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious." DCFS (2008)

Context

Following the Government's policy on nutritional standards for lunches in schools, the Children's Food Trust was set up in 2005 to make recommendations for all food available during the school day. They support schools in developing a whole school approach to food and health. The school environment, behaviour of staff and the messages that children receive through the EYFS (Early Years Foundation Stage curriculum), all play a vital role in influencing children's knowledge and understanding of health and nutrition.

"Every child has a right to nutritious food. When children eat better, they do better: they're in better shape to reach their potential. By getting them eating well today, we're creating the healthier adults of tomorrow: adults who are less likely to suffer health conditions linked to poor diet. "

Children's Food Trust (2016)

At Ladygrove Nursery we use 'Eat Better Start Better – Voluntary Food and Drink Guidelines for Early Years Settings in England – A Practical Guide' from the School Food Trust (2017) to guide our food and drink provision and portion sizes.

Objectives

- For children to be offered the opportunity to try a wide variety of healthy snacks.
- For children to have the opportunity to experience foods which raise their awareness of other cultures.
- For fresh drinking water to be available at all times.
- Where possible for staff to sit with children while they eat and provide a good role model for healthy eating.
- For staff to engage children, parents and carers in open discussion about the importance of healthy eating habits.
- For children to be encouraged to develop good eating habits and given plenty of time to eat.
- For children to be taught about the importance of washing hands prior to eating and how to use good manners.
- For parents of children who are on special diets or have allergies, to be asked to provide as much information as possible about suitable foods, and in some circumstances to provide the food themselves.

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- For healthy food options to be used in all activities whenever possible: in play, language, cooking and other events.
- For staff handling food to have appropriate food hygiene training and certification.
- For the snack area to be kept in a hygienic condition at all times.

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. (See the Managing Children who are Sick, Infectious or 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 plan menus in advance, involving children and parents in the planning.
- We display the menus of meals/snacks for the information of parents.
- 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; 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 groups 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 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.

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- 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.
- Throughout the year we use snack times to introduce food from other cultures and celebrate festivals and special events.
- 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.
- 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.
- 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 semi skimmed pasteurised milk.

Packed lunches

We:

- ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
- inform parents of our policy on healthy eating;
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraîche where we can only provide cold food from home. We discourage sweet drinks and can provide children with water.
- 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; and
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

Food Poisoning

- We notify Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as is reasonably practicable, but in any event within 14 days of the incident.

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs
- Safer Food, Better Business (Food Standards Agency 2008)

Further guidance

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Useful websites

https://www.nhs.uk/change4life

This is a NHS website. It provides information on healthy choices, gives tips, recipes, vouchers and information on vitamins.
https://www.healthystart.nhs.uk/

This is a NHS website. It provides information on healthy choices, gives tips, recipes, vouchers and information on vitamins.
www.nhs.uk/Planners/birthtofive/Pages/Vitamins.aspx

This is an NHS article on vitamins for children under five. It gives guidance and links to other information about health for young children.
www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx

Again, this is a NHS article which explains food nutrition labels. There are links to other food related topics.
www.rhs.org.uk/Children

A Practical Guide' from the School Food Trust (2017) to guide our food and drink provision and portion sizes

https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf

Date of Policy Creation	**September 2020 – reviewed every year annually**	**Named Responsibility**	R. Morgan
Date of review completion	**September 2021**	**Named Responsibility**	Pupils, Staff, Parents Governors
Inception of new Policy	**September 2020**	**Named Responsibility**	Joanne Weichlbauer
Date of Policy Adoption by Governing Body		**September 2020**	

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