

General Welfare Requirement: Safeguarding and Promoting Children's Welfare

Food and drink policy

Policy Statement

This setting regards snack and meal times as an important part of the setting's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating.

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full welfare requirements of Food and Drink, under The Early Years Foundation Stage.

EYFS key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
Health and well-being	- Respecting each other - parents as partners - Key person	- Supporting every child - The wider context	Inclusive of AUC/PR/EE

Procedures

- We take account of Surrey Health and wellbeing Strategy and implement the Early Years Foundation Stage Nutrition Guidance.

[Early Years Foundation Stage nutrition guidance](#)

- 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 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 inform parents of correct procedures to cut food up to minimise choking hazards through the Food Standards Agency posters and information.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them. This is updated regularly.
- 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 details of snacks for the information of parents.
 - We provide nutritious food for snacks or ask parents to provide them.

- 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 do not 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 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 snack times so that they are social occasions in which children and staff participate.
- All children are supervised when eating or drinking and are always in sight and hearing of a staff member and children are always facing an adult. We have a staff member that takes the lead at Snack time, which is noted on the Snack list.
- We have a deployed staff member each session, in charge of snack time, to ensure all children have their own snacks and that all allergies are observed.
- We use 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 session/day.
- Parents are asked to send in named Water Bottles for their children, so they can access water at anytime, should they not be able to pour into a cup or drink from an open cup.
- 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 have rules about children sharing and swapping their food with one another.
- For children who drink milk, we provide 1/3 pint of whole pasteurised milk supplied by Milk and more, Coolmilk and by the Nursery Milk Scheme, funded on behalf of the Department of Health.
- We provide an area which is adequately equipped to provide snacks and drinks for children and staff as necessary.
- There are suitable facilities for the hygienic preparation of food for children.
- Staff involved in preparing and handling food receive training in food hygiene

Packed Lunches

- We ensure perishable contents of packed lunches contain an ice pack to keep food cool.
- Inform parents of our policy on healthy eating
- We encourage parents to provide their children with sandwiches that contain a healthy filling such as ham or cheese.
- Fruit and milk based deserts such as yoghurt may be provided by a parent, where a cool bag/storage is provided to keep the food cool.
- We discourage sweet drinks and can provide children with water or milk.
- We 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;
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

Legal Framework

- Regulation 852/2004 of the European Parliament and of the council on the hygiene of Foodstuffs.
- Early Years Foundation Stage 2025

Changes to Policy and Procedure

Any changes to this policy and any procedures may come into force following Government Guidance and Legislation changes to law or any new Legislation that the Government sees fit to implement. This includes any changes due to the Coronavirus Act 2020 and any subsequent Acts that will affect the Early Years Sector and our setting now or in future communication and changes.

Acts and legislation includes but is not exhaustive to:

Coronavirus Act 2020

Coronavirus (Covid-19) Guidance for educational settings

Early Years Foundation stage: Coronavirus Disapplications

Actions for Early Years and Childcare providers

Surrey Health and wellbeing Strategy

Early Years Foundation Stage Nutrition Guidance.

This policy was adopted at a meeting of **Little Saints Pre-School**

Held on (date)

Signed on behalf of the CIO Trustees