

Banwell Buddies Food and Drink Policy

Statement of intent

We regard snack and meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We comply with food safety and hygiene regulations when storing and preparing food.

Aim

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 requirements within the Statutory Guidance of the Early Years Foundation Stage (Welfare Requirements, Safeguarding)

Method

We follow the procedures below to promote healthy eating in our setting.

- Before a child attends, 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.
- We display current information about individual children's dietary needs in the kitchen and main room 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 at snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of fresh fruit and vegetables for pre-school morning and afternoon snack
- 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 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 ensure snack times 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 session/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 whole pasteurised milk.
- Parents are informed daily of the snack provided.
- We require parents/carers to clearly name lunch boxes to avoid any confusion and where necessary we will provide a name label.
- Parents are asked to provide an ice pack in their child's lunch box.

Packed lunches

Children are required to bring packed lunches, we:

- inform parents of our policy on healthy eating
- encourage parents to provide sandwiches with a healthy filling and fruit or vegetables within the children's packed lunch box. We 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
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion
- we request parents to ensure lunch are kept cool and provide an ice pack
- we attach a clearly visible name label to all lunch boxes to ensure there is no mix up of lunch boxes

Storage and preparation of Food and Drinks

- Staff who prepare and handle food receive appropriate training and understand and comply with food safety and hygiene regulations. (Regulation (EC) 853/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs replaces previous Food Safety Regulations and the requirements are set out in Safer Food Better Business obtainable from the Food Standards Agency).
- All food and drink is stored appropriately.
- Adults do not place hot drinks within reach of children.
- Children do not have unsupervised access to the kitchen.
- At least one person has an in-date Food Hygiene Certificate and disseminates this information to all staff members.
- All surfaces are clean and non-porous.
- There are separate facilities for hand-washing and for washing up.

This Policy was adopted at the meeting of

Held on

Signed on behalf of the management committee

Role of signatory