

General Welfare Requirement: Safeguarding and Promoting Children's Welfare St Mary's School Early Years Staff must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill.



Promoting health and hygiene

1.19 Food and drink

Policy statement

St Mary's School Foundation Stage regards snack and meal times as an important part of the 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 various external agencies and books. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. Those responsible for the preparation and handling of food are competent to do so, and hold Food Safety Certificates and are registered with the relevant local authority environmental health department.

<p>A Unique Child</p> <p>1.4 Health and well-being</p>	<p>Positive Relationships</p> <p>2.1 Respecting each other</p> <p>2.2 Parents as partners</p> <p>2.4 Key person</p>	<p>Enabling Environments</p> <p>3.2 Supporting every child</p> <p>3.4 The wider context</p>	<p>Learning and Development</p> <p>4.4 Personal, social and emotional development</p>
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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 with Allergies policy.)
- Parents record information about each child's dietary needs on her/his admission form.
- 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 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 display the menus of meals/snacks for the information of parents and children.

- 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 are a 'Smile4life' setting.
- 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 meals remain balanced
- 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 provide a staff pupil ratio of 1:4 at meal times (nursery).
- 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 help themselves to water at any time during the day.
- We inform parents who provide food for their children about the storage facilities available in the setting and advise them on how to store food safely
- 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.
- We encourage families to follow healthy eating routines through leaflets, cooking and tasting sessions for parents and children, Smile4life information.

- Two or more cases of food poisoning must be reported to Ofsted within 14 days of the occurrence and to the local authority environmental health department

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/

Signed: (On behalf of the staff)

Signed: (On behalf of the governors)

This policy was written in May 2010, reviewed in May 2013, April 2016.

Date to be reviewed: November 2018