



## **FOOD AND DRINK POLICY**

### **Policy Statement**

The setting regards snack and meal time 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 Early Years Alliance and the Catherine Walker Trust (Eating well for under-5s in childcare all snacks and meals are aimed to be nutritious and cater to individual dietary needs).

### **Early Years Foundation Stage 2023 key themes and commitments**

#### **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 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 parent to ensure that our records of their children's dietary needs – including any allergies are up-to-date. Parent 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 (food information regulations December 2014) to ensure that children receive only food and drink that is consistent with their dietary needs including allergies and preferences as well as parents wishes.
- We display pictures/policies of healthy eating and information about healthy eating.
- We are promoting the healthy eating plate and making parents aware of the sugar content hidden in foods.
- We provide nutritious food for all snacks, avoiding large quantities of e saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a choice between milk and water and there is a variety of fruit to pick, we also have cheeses, and crackers/bread sticks (salt free).
- 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.
- Though 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. Staffs do not use a child's diet or allergy as a label for the child or make them feel singled out because of her/his diet or allergy.
- Staff are confident in their responsibility for preparing and food and are competent to do so, individuals are trained in food hygiene
- We organise healthy snack times to help children to develop independence though 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 of their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water that they can ask for water at any time during the day.
- We inform parents and children about the storage facilities available in the setting.
- We give parents information about suitable containers for food and notes to inform parents not to pack grapes, and food containing nuts.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

#### Legal framework

The Food Information Regulations 2014

Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

Further guidance

Safer food, better business

Food Champion training 2016

[www.food.gov.uk/industry/regulation/hyglegresources/sfbb/](http://www.food.gov.uk/industry/regulation/hyglegresources/sfbb/)

<http://www.food.gov.uk/news-updates/campaigns/allergen-rules#toc-2>

This policy was adopted in Sept 2023

Due to be reviewed in Sept 2024

Name of signatory Virginia McCarthy

Role of signatory Manager

The Major Food Allergens are;

- Celery
- Cereals containing gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame seeds
- Sulphur dioxide
- Soya