



Promoting Health and Hygiene

Food and Drink

Policy statement

Cricklade Pre-School Playgroup regards snack and meal times as an important part of the Pre-School'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. At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures

- We follow these procedures to promote healthy eating in our setting.
- Before a child starts to attend the pre-school, we find out from parents their children's dietary needs, including any allergies. (See the Managing Children with Allergies policy.)
- We record information about each child's dietary needs in her/his registration record.
- We 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 provide nutritious food for snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- 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.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff members 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.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- 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 lunches for their children about the storage facilities available in the Pre-School.
- 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 pasteurised milk.

Packed lunches

Cricklade Pre-School Playgroup does not provide cooked meals and children are required to bring packed lunches, we:

- ensure packed lunches are refrigerated.
- inform parents of our policy on healthy eating;
- encourage parents to provide healthy food that their children will enjoy and this could include sandwiches with a healthy filling, pasta, fruit, and milk based deserts such as yoghurt or crème fraîche. We discourage sweet drinks and can provide children with water or milk;
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
- ensure staff sit with children whilst the children eat lunch so that the mealtime is a social, supervised time.

Legal Framework

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

Further guidance

- Safer Food, Better Business (Food Standards Agency 2011)
- Nutritional Guidance for the Under Fives (Pre-school Learning Alliance 2009)
- The Early Years Essential Cookbook (Pre-school Learning Alliance 2009)
- Healthy and Active Lifestyles for the Early Years (Pre-school Learning Alliance 2012)

Agreed by the committee of Cricklade Pre-School Playgroup on

Signed by the Chairperson on behalf of the Committee

Date to be reviewedNovember 2020.....