

Food and drink

***Please also refer to the Dietary requirements policy**

EYFS 2017 Safeguarding and Welfare Requirement: Health

3.47 Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.

Policy statement

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 promote healthy eating using a range of resources and materials. At snack and meal 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 setting, we ask their parents about their dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
- We record information about each child's dietary needs on the Registration Form and parents sign the form to signify that it is correct.
- We consult with parents at least every 3 months to ensure that our records of their children's dietary needs (including any allergies) are up-to-date. Parents sign the updated record to signify that it is correct.
- All allergies and intolerances which are medically diagnosed or investigated must be supported by a medical report (or letter from a healthcare professional). On the rare occasion whereby, a child is subject to a first-time reaction the setting will liaise with parents and medical professionals until an official diagnosis is made.
- We display current information about individual children's dietary needs so that all our staff are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs. Where a food allergy or intolerance has been medically diagnosed, we will ensure our allergy policy is implemented.

- We display the menus of meals/snacks for parents to view.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- Our menus are regularly updated, and we cater for all children under five, adapting recipes for younger palettes. Our menus are nutritionally balanced and therefore salt is not used, and dishes are sweetened with fruit or vegetables wherever possible. If sugar is used, only small quantities are included and recipes are regularly adapted to improve nutrition.
- We include a variety of foods from the four main food groups:
 - meat, fish and protein alternatives;
 - dairy foods;
 - grains, cereals and starchy carbohydrates ~~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 we are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as 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 Halal meat or Kosher food is available for children who require it.
- We show sensitivity in providing for children's diets and allergies. we 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 meal and snack times so that they are social occasions in which children and adults 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 and accessible for the children.
- In accordance with parents' wishes, we offer children arriving early in the morning, and/or staying late, an appropriate meal or snack.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For young children who drink milk, we provide whole pasteurised milk. Although we slowly introduce semi-skimmed milk from the age of two years; firstly into meals and dishes, such as on cereal or in white sauces, before offering it as a drink, so that the transition is gradual.

- For each child under two, we provide parents with daily written information about feeding routines, intake and preferences.
- We operate a 'red plate / red apron' system. Children who have specific dietary requirements have their food plated on red plates, and have a member of staff who is wearing a disposable red apron, sit with them at all times. This member of staff must remain seated with the children at all times until the end of the meal.

Weaning

The nursery understands and respects that all babies and children develop differently, and at different paces, and it can be a worrying and confusing time for Parents/ carers. ~~during this time~~. We aim to make this transition as smooth as possible by ensuring our key persons work closely with parents to discuss any dietary requirements the child may have and to make appropriate provisions. The setting will work closely with parents and only introduce foods that have been sampled at home.

The Early Years Nutrition Partnership (EYN Partnership)

We are pleased to announce that Fennies are now members of the Early Years Nutrition Partnership (EYNP). The EYNP are a national social enterprise who alongside the Early Years Alliance and the British Nutrition Foundation aim to improve the future health outcomes of young children by setting a standard for nutritional practice in early years settings.

As an official member, Fennies are working towards an accreditation which evidences a commitment to good early years nutritional practice. We will work together with our dedicated early years nutrition professionals, who will provide support, resources and training opportunities that will revitalize our menus, enhance mealtime practice at our settings as well as enable and educate our staff teams.

Food from home

Parents are not permitted to bring food from home. We need to be able to trace all food to point of source and be fully aware of all the ingredients in our foods to support and protect children with food allergies.

The only exception is birthday cakes, which must be shop bought, in date and be labelled to clearly show any allergens. Once the children have had their celebration with their friends, the cake is then to be left in the vicinity of the kitchen and parents are signposted to the kitchen to take a piece of cake for their children if they would like it.

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) <https://www.food.gov.uk/business-industry/sfbb>
- www.nhs.uk/conditions/pregnancy-and-baby/solid-foods-weaning/
- Fennies Dietary Requirements policy
- www.eynpartnership.org

Internal use only

This policy was adopted on	Signed on behalf of the nursery	Date disseminated to staff	Date for review
<i>July 2019</i>			<i>July 2020</i>