

## 4.6 Food and drink

### Policy statement

Upwood Small to Tall regards meal/snack times as an important part of the session.

Eating/drinking represents a social time for children and adults and helps children to learn about healthy choices to support good physical and oral health.

At meal/snack times and for cooking activities, we aim to offer 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 find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children with Allergies policy).
- 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. Parents 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 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 healthy snack recommendations and menus for the information of parents.
- 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 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 are registered as a food provider with the local authority Environmental Health Department.
- Staff have completed training in Food Hygiene.

- We organise meal/snack times so that they are social occasions in which children and staff participate.
- Children are accompanied by an adult and asked to remain seated whilst eating to reduce the risk of choking.
- We use meal/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 day.
- 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 support and encourage healthy choices through sharing examples with parents and ask that packed lunches do not contain sugary drinks, chocolate or sweets.
- When children take part in cooking activities, they:
  - are supervised at all times;
  - understand the importance of hand washing and simple hygiene rules;
  - are kept away from hot surfaces and hot water; and
  - do not have unsupervised access to electrical equipment, such as blenders etc.

This policy was adopted at a meeting of

Upwood Small to Tall

Date last reviewed

2<sup>nd</sup> October 2023

Signed on behalf of the management  
committee

Name of signatory

Emma Staples

Role of signatory

Chair