



Little Herons Pre-School

Safeguarding and Welfare Requirement: Health

Where children are provided with snacks and drinks, they must be healthy

6.0 Health

6.2 Food and Drink

Policy statement

Little Herons Pre-School 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. 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 at the setting.

- Before a child starts to attend the pre-school, we find out from parents/carers their children's dietary needs and preferences, including any allergies (See the First Aid and the Supporting Children with Medical Conditions Policy).
- We record information about each child's dietary needs in her/his registration record and parents/carers sign the record to signify that it is correct.
- We display current information about individual children's dietary needs in the kitchen 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 do not provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.



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- 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 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 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 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 provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We inform parents who provide food for their children about the storage facilities available at the pre-school.
- 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 whole milk.
- We accept home-made food at the pre-school, but we ask parents to provide a list of ingredients to safeguard children with allergies or particular religious beliefs.
- We are also happy to accept shop bought celebration cakes in the original packaging.
- Staff will decide when celebration cakes are for sending home with children or for enjoying at the setting.

