



## **Safeguarding and Welfare Requirement: Health**

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

### **Food and drink during Covid 19 Policy statement**

We regard snack and mealtimes 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 resources and materials from the Pre-school Learning Alliance. At snack and mealtimes, 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.

- We plan menus in advance.
- We display the menus of meals/snacks for parents to view.
- We provide nutritious food for snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods:
  - dairy foods;
  - grains, cereals and starch vegetables; and
  - fruit and vegetables.
- 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. In this case we enforce a nut free zone policy
- 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 will organise meal and snack times in the children's small groups, we will endeavour to make it a social occasion as much as possible.
- We will NOT be encouraging the children to serve their own food and drink at this time, but we will encourage them to feed 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 will supply the cutlery for their lunch, please do not bring in spoons or utensils.
- We will ask parents to bring in their own water bottles, clearly labelled with your child's name and we will not re-fill this at any time to avoid the spread. Staff will wear gloves and aprons when serving or handling food or drinks.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another. The children will be seated far enough apart to ensure no child can take another child's food.
- For young children who drink milk, we provide semi skimmed milk.

## **Packed lunches**

As we cannot provide cooked meals and children are required to bring packed lunches, we

- ensure perishable contents of packed lunches contain an ice pack to keep food cool;
- inform parents of our policy on healthy eating;
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts, such as yoghurt or crème fraiche. 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. We reserve the right to return this food to the parent as a last resort;
- provide children bringing packed lunches with plates, cups and cutlery

## **Legal framework**

- Regulation (EC) 853/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs. Further guidance

- Safer Food, Better Business (Food Standards Agency 2011)

This policy was adopted by

On

Date to be reviewed

Signed on behalf of the provider Name of signatory

Role of signatory

Preschool@stmarks 22/05/2020 22/08/2020

V Willetts

Vicky Willetts Setting Manager

Other useful Pre-school Learning Alliance publications

- Nutritional Guidance for the Under Fives (Ed. 2010)
- The Early Years Essential Cookbook (2009)
- Healthy and Active Lifestyles for the Early Years (2012)