

## Promoting health and hygiene

### 2.4 Food and drink

#### Policy statement

We regard snack and meal times as an important part of the setting's routine. Eating represents a social time for children and adults and helps children to learn about healthy eating and oral hygiene. At snack and meal times, we encourage parents/carers 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 find out from parents their children's dietary needs and preferences, including any allergies.
- We display current information about individual children's dietary needs so that all staff and volunteers are aware of them.
- We ensure that children receive only food and drink that is consistent with their dietary needs, and is in line with parental preferences.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- Fresh drinking water is available and accessible at all times whilst on nursery premises.
- In order to protect children with food allergies, we do not allow children to share and swap their food with one another.
- For children who drink milk, we provide whole milk pasteurised milk. (On occasion we may provide semi skimmed if this is what the milkman has delivered)
- Staff receive training in food hygiene.

#### *Packed lunches*

- As the setting has no facilities to refrigerate lunch boxes, we encourage parents to include an ice-pack in their child's lunch box.

- We inform parents to have regard for healthy eating and oral hygiene.
- We aim to have at least one member of staff sitting to eat with the children whilst they eat their lunch so that the mealtime is a social occasion.

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