

Promoting health and hygiene

2.4 Food and drink

Policy statement

We regard snack and meal times as an important part of the settings' 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 or food intolerances. Should such allergies require restricted foods within the nursery (e.g no nuts) all other parents will be informed. Non-compliant foods may be removed from lunch boxes and parents will be reminded about restricted foods.
- 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 pasteurised milk (on occasion we may provide semi-skimmed if this is what has been delivered to us).
- 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 will 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. We seek to have higher than minimum ratio staffing numbers at meal times.

Policy updated 10/08/2024