



Woodham Mortimer Pre-School
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 Registered Charity Number: 1060526 DFES / OFSTED Number 650168
 PSLA Membership Number: 20167

PROMOTING HEALTH AND HYGIENE

General Welfare Requirement: Safeguarding and Promoting Children's Welfare

The Pre-School must promote the good health of the children, take necessary steps to prevent the spread of infection and take appropriate action when they are ill

1.19 - FOOD AND DRINK

POLICY STATEMENT

This Pre-School regards snack and meal times as an important part of the Pre-School's 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 (PSLA) campaign *Feeding Young Imaginations*. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

EARLY YEARS FOUNDATION STAGE KEY THEMES AND COMMITMENTS

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

PROCEDURES

We follow these Procedures to promote healthy eating in our Pre-School:

- Before a child starts to attend the Pre-School, 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 his / her 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 an allergy list 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 plan snack menus in advance and involving children in what they like to eat. We also ask for parents comments regarding snack items in our Annual Questionnaire

- We inform the parents daily of the snacks that have been provided for the children
- 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 include a variety of foods from the four main food groups:
 - ❖ meat, fish and protein alternatives;
 - ❖ dairy foods;
 - ❖ grains, cereals and starch vegetables; and
 - ❖ fruit and vegetables
- 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 endeavour to ensure that all snacks provided do not contain nuts however, we are unable to guarantee that snack items are completely nut free
- We advise parents whose children attend the lunch club that nut products (eg. peanut butter / Nutella sandwiches, snack bars containing nuts etc.) should not be included in their children's lunchboxes
- 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 provide a vegetarian alternative on days when meat or fish are offered and make every effort to ensure Halal meat or Kosher food is available for children who require it
- 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 his / her 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 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 a healthy snack in each session
- We inform parents who provide food for their children about the storage facilities available in 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 semi-skimmed pasteurised milk
- We do not take children under the age of two so we do not provide parents with daily written information about feeding routines, intake and preferences

Packed Lunches

A letter is sent to parents / carers when their child starts the lunch club giving details of our Packed Lunch Policy and a reminder is sent each term.

We use the following procedures (please note that we do not have cooking or microwave facilities at the Pre-School):

- Ask parents to put an ice pack in their child's lunchbox to keep the 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 fraîche where we can only provide cold food from home. We discourage sweet drinks and can provide children with water or diluted fresh fruit juice
- 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
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion

LEGAL FRAMEWORK

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs

FURTHER GUIDANCE

- Safer Food, Better Business
- www.food.gov.uk/foodindustry/regulation/hygleq/hyglegresources/sfbb/

OTHER USEFUL PRE-SCHOOL LEARNING ALLIANCE PUBLICATIONS

- Nutritional Guidance for the Under Fives (2005)

This Policy was adopted at a meeting of the Woodham Mortimer Pre-School Committee

Date of Meeting

Next Review Date

January 2011

**Signed on Behalf of Woodham
Mortimer Pre-School**

Name of Signatory

Kayte Terrett

Role of Signatory

Chairperson – Woodham Mortimer Pre-School Committee