

diversity of our culture. They will be valued and their languages recognised and respected. We will endeavor to introduce experiences of multicultural foods into activities and refreshment times.



Enabling Environments

Safeguarding and Promoting Children's Welfare - Food and Drink

Healthy Eating Policy:

3.47 Where children are provided with meals, snack and drinks, they must be healthy, balanced and nutritious. Before a child is admitted to the setting the provider must also obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements. Fresh drinking water must be available and accessible at all times. Providers must record and act on information from parents and carers about a child's dietary needs (EYFS 2017).

Refreshment times play an important part in the social life of the children as well as reinforcing children's understanding of the importance of healthy eating.

Fresh drinking water will be on offer for the children to help themselves throughout their session.

We are aware of the negative effects, which can relate to children's behaviour, by eating too many processed foods, and e-numbers. Therefore, we are very conscientious about the food served to the children. Where possible fresh unprocessed wholesome foods will be given to the children, these are better for children's health than processed or refined foods. Health experts agree that children should cut down on fats, sugars, salt and additives instead increase their intake of fibre, fresh fruits and vegetables. We also refrain from giving squash or sugary drinks; instead we offer water, milk or occasionally fresh fruit juice and water (50:50 ratio). The setting will make every effort to help promote healthy eating, through the refreshments given.

Standards:

3.48 There must be an area which is adequately equipped to provide healthy meals, snacks and drinks for children as necessary. There must be suitable facilities for the hygienic preparation of food for children, if necessary including suitable sterilization equipment for babies' food. Providers must be confident that those responsible for preparing and handling food are competent to do so. In group provision, all staff involved in preparing and handling food must receive training in food hygiene.

Meals that are prepared and cooked on the premises are done so by practitioners who have been trained in accordance with "Safer Food Better Business", and are healthy, nutritious and balanced. During term-time meals are provided by local caterers The Farm Kitchen who also work within the parameters of the necessary food standards set. We are not able to provide a hot-lunch option during school holidays, and children will need to bring a pack up from home.



The setting and the Farm Kitchen are both registered by the local Environmental Health Department and follow "Safer Food Better Business". As part of providing food we are inspected by the authorities and have been awarded a five-star rating in this area.

It is a requirement that in the event of two or more children whom are looked after on the premises being affected by any food poisoning, Ofsted and the local Environmental Health Department will be notified. This will be done as soon as reasonably practicable, but in any event within 14 days of the incident (EYFS 2017).

Mealtimes:

09.15-10.15	Drink & Healthy Snack/Snack from home
12.00	Lunchtime; Two course hot lunch (Term-Time Only)/Pack-up from home (School Holidays)
15.30	Tea-time; Two course variety snack tea/Pack-up from home

Meals Provided by the Setting:

Hot meals are an optional extra, available in term-time only and are pre-booked separately for those who would like them, providing children do not have any food allergies or intolerances. Menus are displayed within the reception area of the nursery and are changed on a 4-weekly rotation.

We do not offer a cooked meal at tea-time, as we do not want to infringe on the family evening meal time, as we feel that this is an important family social time. However, for children who have been at the setting all day we have provided a menu which fulfils most of their daily requirements in terms of nutritional balance. If parents specifically want their child to have a cooked family meal in the evening, this should be considered and perhaps opt for a smaller packed lunch brought in from home.

Meals brought in from home:

Any food and drink parents provide for their children must be safely stored in an airtight container. This should have the child's name clearly marked on the box, to ensure the right lunches are distributed to the right owner, this could have serious adverse consequences due to allergies etc. if not adhered to. Children will be discouraged from swapping food items and the lunch boxes will be checked by practitioners for unsafe food stuff i.e. peanuts. The setting will store the lunch boxes in the fridge if possible, however if there are a lot of children having pack-up this is not always possible. Parents should bring cool boxes for items that must be refrigerated. Fruit is offered during morning snack time and a choice of drinks will be provided during the morning and afternoon breaks as well as fresh drinking water being available always.

When parents provide food for their children to eat at the setting we would ask that you consider our healthy eating policy and provide your child with healthy and nutritious snacks. Packed lunch suggestions provided by the School Food Trust are available to parents upon request. We do not allow nuts within the setting either through our food or that provided by the parents.

We cannot accept home cooked food brought into the setting for the children, such as birthday cakes or baby foods. We will endeavor to provide suitable baby foods prepared at setting and shop bought birthday cakes are fine.

Special Dietary Requirements:

Multicultural foods may be offered to all children at different times of the year to suit our activities, so that all children can try unfamiliar foods alongside 'conventional' food if preferred.

Many cultures/religions have grounds for not eating certain foods. Others avoid certain foods for moral, ethical or health reasons, these will all be respected. Any specific dietary requirements of the children will be adhered to and should be declared on the child's registration form, in these cases we ask that all food including snacks are brought in from home, to avoid inadvertently giving a child a food they must not eat.

