

Safeguarding and Welfare Requirement: Health

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



Little 1 Nursery

6.5 Food, nutrition and safer eating policy

Policy statement

Our provision regards meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At meal times, we aim to provide nutritious food, which meets the children's individual dietary needs, in line with the Early Years Foundation Statutory Framework (EYFS)

Procedures

We follow these procedures to promote healthy, safer eating in our setting.

- Before a child starts at the nursery, we gain essential information from children's parents regarding dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies policy.)
- We will gain ongoing information from the parents about the stage of weaning their child is at and this is shared with all staff. We will prepare food in a suitable way for each child's individual developmental needs moving onto the next stage at a pace right for the child.
- 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.
- Whilst babies and children are eating, a paediatric first aid trained member of staff must be present in the room at all times.
- Babies and children are always in sight and hearing of a member of staff and where possible staff are to sit facing the children to ensure they are alert to when a child may start to choke as choking can be completely silent and to be aware of any unexpected allergic reactions.
- We ensure that all staff are aware of the symptoms and treatments for allergies and anaphylaxis at any time.
- Our cook in the kitchen and the qualified practitioner that lead mealtimes in the rooms are responsible for checking that the food being provided meets all the requirements for each child and is prepared in a way to prevent choking.
- Babies and young children under the age of two are seated in a wooden infant feeding chairs whilst eating. Over two years of age are sat at age appropriate tables and chairs. Children are sat in a designated eating space where distractions are minimal.
- We plan menus in advance, involving children and parents in the planning for those children that require action plans for managing any known allergies and intolerances.
- Our menu's can be found displayed in nursery and also on our website.
- We provide nutritious food for all meals, 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
 - fruit and vegetables.
- We include foods from the diet of each of the children's cultural background, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- 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 her/his diet or allergy.
- We organise meal times so that they are sociable occasions in which children and staff participate.
- We use meal times to help children to develop independence through making choices, chopping and serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and they take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. All children in preschool have water bottles available all day. In the next older children have water bottles and the babies have cups.
- 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 whole milk or alternatives are provided.
- For each child where required we provide parents with a daily care diary about feeding routines, intake and amount consumed.
- Any child that enters the setting at drop off eating food MUST be sat down to finish their food, they will be supervised at all times.

We have a homemade hot cooked lunch and high tea made on site, menus available in setting or our web page.

Food Poisoning

- We notify Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as is reasonably practicable, but in any event within 14 days of the incident.

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 (Food Standards Agency 2008)
- <https://www.foundationyears.org.uk/2021/09/food-safety-advice-on-choking-hazards-in-settings/>
- https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf