

HEALTHY FOOD & DRINK POLICY

Policy

FSN regards snack and mealtimes in our early year's settings as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack times, FSN aims to provide nutritious food which meets the children's individual dietary needs, and to encourage young children's interest and enjoyment in a wider variety of healthy food choice enhancing physical and mental well being. Eating and drinking healthy and nutritious snacks between meals can help to reinforce the importance of healthy eating in young children. Avoiding sugary snacks and drinks between meals, helps prevent tooth decay.

1.0 Procedure

- 1.1 FSN will ensure that practitioners with a Food Hygiene qualification will be present when snack food / drinks / bottles are prepared
- 1.2 All food preparation areas will comply with the Food Standards Agency requirements, relevant health and safety checks carried out and notices displayed. Any irregularities will be reported to the Health and Safety Lead
- 1.3 Practitioners will wear protective clothing when preparing food
- 1.4 All refreshments provided by FSN services between meals will have:
 - No added sugar (including dried fruit or juice)
 - Little or no added salt
 - Low levels of saturated fat
- 1.5 The nursery will provide water or milk. Drinking water will be available at all times. Children over the age of 1 year are encouraged to drink from an open top cup. Under 2's are offered full fat milk and over 2's are offered semi skimmed milk
- 1.6 Children are encouraged to wash hands before and after every snack/meal and to sit at the table. Staff will sit with the children to provide a good role model for healthy eating. A range of healthy snacks are offered and children encouraged to make their own choices
- 1.7 In order to protect children with food allergies FSN discourages children from sharing and swapping their food and only eating food from their own lunchboxes

- 1.8 When re-heating food, a food probe is used for 2 minutes to ensure it is heated to 82°C. This is recorded on the Food Temperature Check Sheet (EYO.014J.g)
- 1.9 In the event of a power cut of over 4 hours, food and milk will be disposed of.
- 1.10 The nursery must notify Ofsted of any food poisoning affecting two or more children looked after on the premises. Notification will be actioned as soon as is reasonably practicable, but in any event within 14 days of the incident

2.0 Working with Parent/carers to promote healthy eating:

FSN nursery practitioners work closely with parents and carers to encourage consistency with healthy food choices at nursery and at home.

- 2.1 Before a child starts nursery, the child's dietary needs, including any allergies are recorded on the nursery registration form
- 2.2 Notices are displayed in the nursery setting regarding legislation in relation to food allergies, intolerances and labelling, and parents will be asked to inform nursery staff of any changes in dietary requirements
- 2.3 FSN supports the national campaign The Eat Better, Start Better programme that helps young children to eat well. Further information is available on:

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>
- 2.4 To minimise the risk of harm, information about individual children's dietary needs is displayed in the kitchen so that all staff and volunteers are fully informed
- 2.5 Snack menus are planned in advance and allergens are listed on a form displayed in the nursery kitchen (Annex F014.J.f.ii Dishes and their Allergen Content)
- 2.6 FSN nurseries ask parents/carers to provide one piece of fruit or vegetable per session to support the healthy eating messages
- 2.7 To encourage children to understand and respect diversity, FSN aims to include snacks/meals from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones

- 2.8 Parents/carers are requested not to provide foods containing nuts to minimise the risks to other children
- 2.9 Snacks and mealtimes are an opportunity for children to learn and to help them develop independence through making choices, serving their own food and drink and feeding themselves
- 2.10 Utensils that are appropriate for ages and stages of development and that take account of the eating practices and/or children's cultures are provided
- 2.11 For children under the age of two years, daily information about feeding routines is shared with parents/carers. Menu plans are displayed on the parent noticeboard
- 2.12 Specific dietary requirements are respected, and if after consultation with staff and parent/carer, alternative food is to be given, the parent/carer will provide this
- 2.13 FSN will provide an environment where children can explore food in various ways with positive encouragement and support. Frequent experiences of tasting, smelling, handling and exploring a wide variety of foods; seeing practitioners role model preparing and enjoying a range of healthy food, will encourage children to develop good habits and make healthy choices
- 2.14 While parents and carers are under no obligation to provide birthday cakes, those who wish to celebrate are encouraged to provide a healthy alternative

3.0 Packed Lunches and Evening Meals:

3.1 FSN encourages Parents/carers to provide a healthy, balanced packed lunch. We request that parents do not provide sweet drinks and juices as the nursery offers milk and water to children. Biscuits, cakes and crisps are also discouraged. The link below gives more information and ideas on healthy lunch boxes

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

- 3.2 Packed lunches are stored in a refrigerator
- 3.3 FSN can provide a low-cost healthy evening meal for children attending nursery after 4pm
- 3.5 After lunch, children are encouraged to clean their teeth (Tooth Brushing Policy 014U)