Food, drinks and healthy eating policy and procedure

(To be read and used with the health and hygiene policy and procedure.)

It is the policy of our setting to promote a healthy lifestyle when providing food or food-related activities to children.

We do this by:

* Registering our premises with the local authority according to the Food Premises (Registration) Regulations Act 1991, Food Safety Act 1990 and Food Hygiene Amendment (Regulations 1990).
* Seeking advice from the Food Standards Agency where needed.
* Taking account of and learning from Food and Health Guidelines for Early Years and Childcare Settings (Welsh Assembly Government/Health Challenge Wales, March 2009)[[1]](#footnote-1).
* Noting information about their child and family needs provided by parents/carers at admission.
* Involving parents/carers and children in the ongoing development and review of this policy.
* Displaying our weekly menus in advance.
* Encouraging parents/carers to make menu suggestions.
* Ensuring that we use an inclusive approach to meeting children’s dietary/cultural/health and age and stage needs when providing food and food-related activities.
* Ensuring staff receive training about healthy eating and food safety.
* Offering nutritious foods at snack and meal times that meet the children’s individual dietary needs.
* Providing fresh drinking water throughout each session.
* Serving full fat milk as a drink for children under two. A low-fat or semi-skimmed milk option is available at parents’/carers’ request for children over two years of age who eat a varied diet.
* Supporting mothers to continue breast feeding.
* Avoiding foods that contain high proportions of fat, sugar or salt and the use of foods containing additives, preservatives and colourings are minimised.
* Keeping parents/carers informed about what their child eats; their likes and dislikes as new tastes are developed.
* Encouraging children to try a range of food experiences and activities that broaden their taste and understanding of their own and other cultures, in addition to valuing and respecting other traditions.
* Ensuring that food that is part of a celebratory event is discussed in advance and continues to meet this policy and procedure.
* Encouraging children to access outdoor activities.
* Never using food as a form of punishment.
* Giving children the time they need to eat and drink.
* Using appropriate furniture, crockery and cutlery and serving food in ways that develop and encourage social skills.
* Ensuring adults sit with children at meal times and model and encourage social skills and behaviour.
* Ensuring that any food waste is disposed of in ways that care for our environment.

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| This policy and procedure was passed for use in Little Gems Little Treasures & Jewels OSC. |
| On: September 2015 By: J Lloyd & A Evans Position: Reg’d person & Chair |
| Date of planned review: September 2016 |

1. [↑](#footnote-ref-1)