

Food & Drink

Healthy Eating

Unique
Child

Positive
Relationships

Enabling
Environment

Learning
Development

1.1 Keeping
Safe
1.4 Health
Wellbeing

3.3 The Learning
Environment

Statement of Intent

Haddenham Puddleducks Pre-school regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and helps them learn about healthy eating.

Aim

We aim to meet the full requirements of The Statutory Framework for the Early Years Foundation Stage.

Methods

- Before a child attends the setting, we find out from the parent/carers their children's dietary needs including any allergies.
- The setting also provides parents with an Allergens poster and a list of foods Puddleducks provides. We ask the parents to highlight any ingredients that their child is allergic to, this is recorded and referred to at snack time. As a second highlight a red sticker is added to their yellow duck as a reminder to staff.
- We record information about each child's dietary needs in his/her registration record.
- We display current information about individual children's dietary needs within the setting so that staff and volunteers are fully informed about them.
- We are committed to promoting healthy eating and provide guidance to parents/carers providing food for their children on a range of suitable healthy snack and foodstuffs.
- When food is provided we ensure that it is healthy, balanced and nutritious, avoiding large quantities of saturated fats, sugar, salt and artificial additives, preservatives and food colouring.
- We ensure that all staff receive food hygiene and health and safety training.
- We are registered with the Local Authority Health Department.
- **We are a no nut setting.** 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.
- Through discussion with parents and research by staff, we obtain information about 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 require the 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 organize snack and lunch times so that they are social occasions in which children and staff participate. We use snack and lunch times to help children develop independence through making choices, serving or choosing their food and drink and feeding themselves.
- We have fresh drinking water constantly available for the children. We inform the children how to obtain the water and that they can access it at anytime during the day/session.
- We inform parents who provide food for their children about our storage facilities.
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
- For children who drink milk, we provide semi-skimmed pasteurized milk.
- We notify Ofsted in writing as soon as it is reasonably practicable to do so, but in any event not later than 14 days after the event has occurred, of any food poisoning incident affecting two or more children looked after in our setting.

Packed Lunches

For those children staying at pre-school for lunch:

- Although we do not have a fridge large enough to store lunch boxes they are kept in a cool place and we advise parents/carers to provide a cool pack in the lunch boxes especially during the summer months.
- Encourage parents to provide sandwiches or wraps with healthy fillings, fruit and milk based deserts such as yoghurts or fromage frais (petit filou) and healthy drinks.
- We discourage sweet fizzy drinks, contents that largely consists of crisps, processed foods, and sweet products such as cakes and biscuits. We reserve the right to return this food to the parent as a last resort. We ask you not to put sweets/chocolate bars in your child's lunch box.
- We ensure at least one staff member sits with the children so that the meal time is a social occasion.

This policy was adopted at a meeting after the AGM of Haddenham Puddleducks Pre-school held in February 2020

Signed on behalf of Haddenham Puddleducks Pre-school by