



Royal Naval Pre-school Learning Organisation is committed to safeguarding and promoting the welfare of children and young people and expects all parents, staff and volunteers to share this commitment. We provide early help through support working with local agencies to identify children and families who will benefit and, we undertake assessment of the early help needed and provide targeted services to address those needs.

## HEALTHY FOOD & DRINK POLICY

The organisation has a healthy eating project which runs as a thread through our childcare delivery to children and parents. We regard snack and mealtimes as an important part of the day. Eating represents a social time for children and adults which helps children to experience a healthy lifestyle and diet. The settings have growing boxes in the outside areas which are planted to produce salad, vegetables, and soft fruits which the children care for harvest, and eat within the settings.

At snack time we aim to provide nutritious food, which meets the children's individual dietary needs. We also take reference and guidance from current legislation such as the Voluntary Food and Drink Guidelines

Children are always in sight and hearing of a staff member when eating.

### Food Allergy Regulations

Food Information Regulations 2014 (FIR) require childcare providers to provide allergen information for children and adults. This is a list of 14 allergen ingredients used in foods provided. For more Information contact -

Plymouth Food Allergen information and allergen and intolerance; guidance for businesses

Information on allergy plans made with parents must be kept up to date and shared with the staff. Reference should be made to the British Society for Allergy and Clinical Immunology (BSACI) allergy action plan.

Staff must be aware of symptoms and treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop allergies at any time, especially during the introduction of solid foods.

Reference to Food allergy- NHS ([www.nhs.uk](http://www.nhs.uk)) and treatment of Anaphylaxis – NHS([www.nhs.uk](http://www.nhs.uk))

### Procedures.

Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies, and intolerances along with medical needs.

This would be the same for any staff who work within the setting who may have allergies or are reactive to products/ foods.

We record information about each child's dietary needs, preferences, allergies, and intolerances and this is made known to all staff who may work with the child. This information is kept up to date and stored within an area that only staff have access to.

We regularly consult with parents to update our records, including dietary, preferences, allergies and intolerances and amendments are made to children's records. Written Parental permission to seek emergency medical advice / treatment is sought through the parental contract signed by the parent on joining the childcare setting.

Through paediatric First Aid training all staff are aware of symptoms and treatments for allergies and anaphylaxis, the difference between allergies and intolerances and that allergies can develop at any time, especially during the introduction of foods sometimes called complementary feeding or weaning. All RNPSLO staff have Full Paediatric First Aid Training (12 hours)

### **Weaning**

For babies and some children who may have specific dietary needs, a discussion with parents will be needed about the stage their child is at in relation to introducing solid foods.

This will include understanding the textures their child is familiar with. Assumptions must not be based on age, and foods prepared in a suitable way for each child's individual development need.

Staff will work with parent/carers to help children move on to their 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 parent's wishes.

This information is shared with all staff involved in preparing and handling of food. All RNPSLO staff hold a level 2 Food and Hygiene Certificate.

Managers will ensure that staff are aware of any allergies, intolerances of children attending the childcare setting that session/ day.

We plan what is on offer for snack times and children can have input as to what they might like to eat within reason. Menus are displayed.

We provide nutritious foods for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives, and colourings. Fresh drinking water is always available.

### **Choking**

RNPSLO staff prepare food in a way to prevent choking.

Babies and young children must be seated safely in a highchair or appropriately sized low chair while eating. If seated in a highchair children must be strapped in with a safety harness to avoid falls.

Young children must always be in sight of staff whilst eating. Choking can be completely silent therefore it essential that staff observe the children for the duration whilst they are eating.

Small foods such as grapes, blackberries and cherry tomatoes can be a choking risk and therefore cut lengthways and into quarters before being served to children.

Raisins should not be given to children under 12 months as a snack but can be chopped up as part of a meal for older children.

Should there be a choking incident that requires intervention a record of the incident will be made of where and how the child choked including -

- Is the child on a special diet
- Is the child being weaned
- Does the child have allergies or intolerances
- Item child choked on
- Supervision of the child at the time
- Signs and symptoms of the choking incident
- Positioning of the child when the incident occurred
- Immediate action after the choking incident/ first given
- Has there been any history of choking

**Parents/ carers will be made aware of the incident on the same day.**

Records of foods given to children are kept daily and following a choking incident a risk assessment will be carried out along with a revue to establish if there is a trend or common feature .

Staff will be vigilant so they can prevent food from being shared which could potentially cause an allergic reaction.

Hot meals are available at some Jack and Jill's childcare settings provided by Aspens for Jack and Jills Plympton and Cater-ed a local company who use Plymouth City Council school kitchens to create the healthy nutritious balanced meals available for parents to purchase. The hot meals are a replication of school meals enabling children to experience a different type of food in preparation for school meals.

At the settings offering hot meals from Cater-Ed include items 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 backgrounds, providing children with familiar foods and introducing them to new ones.

### **Food poisoning**

In the event there should be a confirmed case of food poisoning affecting two or more children cared for on the premises. Ofsted must be notified. This must be done as reasonably practicable, but in any event within 14 days of the incident.

### **NO NUT SETTING**

**We are especially vigilant where we have a child or staff member with a nut allergy, no nuts products are allowed in pre-school settings. If a child with a nut allergy attends the setting close observation and vigilance is priority from all staff and specialised training is accessed if appropriate.**

Through parent meetings and research by staff, we obtain information about dietary rules of religious groups, to which children and their parents belong, and of vegetarians/vegans and about food allergies. We take account of this information in the provision of food and drink.

We organise snack and lunch times so that they are social occasions in which children and adults participate together.

We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their culture.

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.

We use snack times to encourage children to develop independence through making choices, serving food and drink, and feeding themselves.

We have fresh drinking water constantly available for the children, which they can access.

For any child under two, we provide parents with daily information about feeding routines, intake, and preferences.

### **Packed lunches.**

For those settings not offering hot lunches children are required to bring packed lunches, which are stored to the best of our ability within the settings.

We inform parents of our storage facilities and give advice if needed on appropriate containers; cooling products i.e., ice packs etc. and naming personal property, like lunch boxes, drinks containers

Any fridges are monitored for a constant temperature and cleaning is undertaken by staff; the room temperature is taken daily.

We inform parents of our healthy eating policy and encourage sandwiches with a healthy filling, fruit, and milk-based deserts such as yogurt or crème fraiche.

We discourage sweet and fizzy drinks, squash type drinks and products such as sweets. We actively discourage packed lunch boxes containing largely crisps, and excessive sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort. We refer parents to the traffic light food guide for balanced food and snacks and encourage parents to look for snacks of less than 100 calories.

Periodically we send out information on healthy eating and a healthy lifestyle, we work to ensure it runs as a constant thread through our setting.

*Staff having drinks in the setting will be encouraged to have water whilst sitting with the children becoming a positive role model.*

*If staff wish to have hot drinks, then they must be in kept and consumed in the kitchen areas.*

## **Legal Framework**

Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

Safer Food, Better business (Food Standards Agency 2011)  
Food Information Regulations 2014 (FIR)

Signed

Dated

Reviewed