



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 meal times 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.

### **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

### **Procedures.**

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

We record information about each child's dietary needs if appropriate and this is made known to all staff working with that child.

We regularly consult with parents to update our records, including allergies and amendments are made to children's records adhering to confidentiality.

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.

We plan what is on offer for snack times and children are able to 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 available at all times.

Hot meals are available at some Jack and Jill's childcare settings provided by 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.

Staff members who hold a relevant Food Hygiene certificate prepare snack.

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.

We are especially vigilant where we have a child 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 are able to 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, 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 life style, 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