

Safeguarding and Welfare Requirement: Health: Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.

Food and drink



Policy statement

Hopscotch Playgroup regards snack times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating. At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures

We follow these procedures to promote healthy eating at Hopscotch.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies policy.)
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their child's dietary needs - including any allergies - are up-to-date.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- 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 parents' wishes.
- We display what is being offered at snack time each day for the information of parents.
- We take account of the Food Information for Consumers Regulation (EU FIC Dec. 2014)
- We provide nutritious food for snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- 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 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 reading by staff, we obtain information about the 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 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 her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- 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 cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- We inform parents who provide food for their children about the storage facilities available at Hopscotch.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide semi-skimmed pasteurised milk.

Packed lunches

- We inform parents of our policy on healthy eating.
- We inform parents that we do not have facilities to refrigerate packed lunches and ask them to use an ice pack as necessary to keep food cool.

- We eat our lunches at 12 noon and ask parents to bear this in mind when preparing food to be bought to Hopscotch.
- We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

Food Poisoning

- We notify Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as is reasonably practicable, but in any event within 14 days of the incident.

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs
- Food Information for Consumers Regulation (EU FIC Dec 2014)

Further guidance

- Safer Food, Better Business (Food Standards Agency 2011)

This policy was adopted at a board meeting of Hopscotch Playgroup, held on the 29th January 2013.

Reviewed 21st January 2014

Reviewed and amended 20th January 2015

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