

Promoting Health and Hygiene

Food and drink

Policy statement

This setting regards snack times as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. Parents are asked to bring a piece of fruit each morning to share with the group.

EYFS key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

This Policy was adopted at a meeting of Wellow Under Fives Preschool

Held On	6 th December 2011
Date to be reviewed	December 2012
Signed on behalf of the management committee	
Name of signatory	Rob Blakemore
Role of signatory	Chairperson

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, parents complete a section in the registration form relating to their child's dietary needs and preferences, including any allergies. (See the Managing Children with Allergies policy.)
- We ask parents to inform us as soon as possible if there is any change to their children's dietary needs - including any allergies.
- 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 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.
- 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 use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We have fresh drinking water constantly available for the children.
- 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 whole pasteurised milk.

Legal Framework

- Regulation (EC) 853/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

Other useful Pre-school Learning Alliance publications:

- Nutritional Guidance for the Under Fives (2005)