**Food, drinks and healthy eating policy and procedure**

**(To be read and used with the health and hygiene policy and procedure.)**

**It is the policy of Little Explorers nursery to promote a healthy lifestyle when providing food or food-related activities to children.**

**We do this by:**

* Registering our premises with the local authority according to the Food Premises (Registration) Regulations Act 1991, Food Safety Act 1990 and Food Hygiene Amendment (Regulations 1990).
* Seeking advice from the Food Standards Agency where needed.
* Taking account of and learning from Food and Health Guidelines for Early Years and Childcare Settings (Welsh Assembly Government/Health Challenge Wales, March 2009)[[1]](#footnote-1).
* Noting information about their child and family needs provided by parents/carers at admission.
* Involving parents/carers and children in the ongoing development and review of this policy.
* Informing parents of the snack of the day on our WhatsApp group.
* Encouraging parents/carers to make menu suggestions.
* Ensuring that we use an inclusive approach to meeting children’s dietary/cultural/health and age and stage needs when providing food and food-related activities.
* Ensuring staff receive training about healthy eating and food safety.
* Offering nutritious foods at snack and meal times that meet the children’s individual dietary needs.
* Providing fresh drinking water throughout each session.
* Providing semi skimmed milk at snack time.
* Avoiding foods that contain high proportions of fat, sugar or salt and the use of foods containing additives, preservatives and colourings are minimised.
* Keeping parents/carers informed about what their child eats; their likes and dislikes as new tastes are developed.
* Encouraging children to try a range of food experiences and activities that broaden their taste and understanding of their own and other cultures, in addition to valuing and respecting other traditions.
* Ensuring that food that is part of a celebratory event is discussed in advance and continues to meet this policy and procedure.
* Encouraging children to access outdoor activities.
* Never using food as a form reward of punishment.
* Giving children the time they need to eat and drink.
* Providing opportunities for children to develop independence I.e. preparation of snack and clearing away
* Using appropriate furniture, crockery and cutlery and serving food in ways that develop and encourage social skills.
* Ensuring hygiene is appropriately followed, including sanitation of surfaces and hand washing.
* Hand washing; liquid soap should be used, one use washable hand towels are provided.
* Ensuring adults stay with children at meal times and model and encourage social skills and behaviour.
* Ensuring that any food waste is disposed of in ways that care for our environment, in the food caddy or bird plate.

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| This food, drinks and healthy eating policy and procedure was passed for use in Little Explorers.  On:  By: Position:  Date of planned review: |

1. <http://wales.gov.uk/topics/health/improvement/index/guidelines/?lang=eng> [↑](#footnote-ref-1)