

## SECTION FOOD AND DRINK. SNACK and PACK LUNCHES

Our provision has regards to meal times, and drinks as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating, social interaction, table manners and independency. We aim to provide nutritious food, which meets the children's individual dietary needs.

### Procedures

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

- Springwood is a **NUT FREE** provision. We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child or staff member who has a known allergy to nuts.
- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies and this recorder in child's registration record. (See the Managing Children who are Sick, Infectious or with Allergies policy.)
- For severe allergies Individual Healthcare Plan (Critical Incident Pack) and Risk Assessment will be completed and Medication Record for Prescription Medicine that need to be used if allergy reaction will occur.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date.
- Parents must inform us about any changes to dietary or medical needs.
- We display current information about individual staff's and children's dietary needs so that all staff, volunteers and bank staff 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.
- Parents of children from birth to two will be informed daily about the snack provided on the day.
- We provide nutritious food for snacks and tea, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- The food served will vary everyday.
- We ensure that each child will be offered a snack and drink on the daily basic.
- Snack will be provided twice a day with approximate times between 9 – 11 a.m and 1 – 2.30 p.m. Freshly cooked tea will be provided at Havant setting only. **Drinks are provided and accessible at all times.**
- We always try to include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- 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 vegetarians or vegans, etc. and about food allergies.
- We encourage children not to share their food with other children and we explain the reasons – allergies, etc.
- 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 lunches, teas and snack times so that they are social occasions in which children and staff participate.

- We use meal 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 give parents who provide lunches for their children information about suitable containers for food.
- 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 pasteurised homogenised whole and semi-skimmed milk.
- If necessary, we will provide parents with daily written information about feeding routines, intake and preferences (for bottle fed children, children with poor appetite, children with any special dietary needs, etc.)
- Staff and children's hands are washed before handling food.
- All staff who handle the food have completed food hygiene level 2 and Allergy training.
- When cooking with children as an activity, we will provide healthy, wholesome food's, promoting and extending the children's knowledge of a healthy diet, each week cooking something sweet, and the following week savoury, we may spread our cooking activities throughout the month depending on facilities.
- Parents will be encouraged to provide their children with the fruit each session or may be asked to contribute towards the snack fee. Snacks are healthy and provided in limited amount – all children will be encourage to try to prepare them, like wash or cut them and try them.
- Hot drinks are drank in the kitchen and kept in a thermal flask.
- We may ask that preschool children bring water bottles, which Springwood can fill up through the day.

#### Packed lunches procedure

- **Any food product that has oval or round shape (cocktail sausages, grapes, blueberries, etc.) will be cut into half or more pieces if needed. We ask parents to do that at home before bringing food into the setting. Any 'slippery' food will also be monitored, e.g banana, as they also may cause choking. We reserve the right to refuse some food, if we believe it poses too much danger to the child in the setting.**
- Babies feeding bottles, including milk formula (dry powder), and other essential tools must be supply by the parents.
- We ask parents to ensure perishable contents of packed lunches contain an ice pack to keep food cool - **Springwood cannot provide fridge to store lunches in.**
- **We are not able to use cooker or microwave for cooked food brought from home whether to prepare it or heat it up—unless it is a jar of baby food or can of beans. Dietary requirements must always be discussed with management.**
- Parents to provide sandwiches with a healthy filling. We discourage sweet drinks and ask parents to provide water only.
- We ask children to eat the more healthy food first starting with the main e.g sandwich, pasta or roll, etc. We ask children to eat the sweets (if any) at the end.

- We will discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort, however fizzy drinks, nuts and fast food are not allowed.
- We ensure that each table has jug of water, milk, cups, bowls, spoons, tin for rubbish and wipes; if lunches are taking place as a picnic lunch we will have that available on the side.
- We ensure staff sits with children to eat their lunch so that the mealtime is a social occasion.
- Babies in the feeding chairs will not be isolated and will be part of the group.
- Babies are encouraged to feed them self wherever possible.
- Babies are always accompanied by member of staff who will seat with them (members of staff must not standing next to the chair).

#### 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.

#### Hot Lunches

- Parents can choose for their child to have a hot lunch.
- The menu will always be available. Their include allergens and other useful information.
- Springwood will inform food provider about any allergies.
- Springwood cannot be responsible for any issues that will raise directly from the meal – allergens, etc.
- Springwood monitors the meals and ensure the quality (visual) – we will raise any concerns with the meal provider.
- Staff will assist children with their meals ensuring the portion are right, the food is not hot and will help to cut any large pieces.
- We will inform you what food provider we are using. Prices for the hot lunches varies and the cost is not controlled by Springwood.

**Smoking is NOT permitted anywhere on the premises.**