



# Stanmore Baptist Preschool

## 6 Safeguarding and Welfare Requirement: Health

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.

### 6.5 Food and drink

#### Policy statement

We regard 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 using resources and materials from the Pre-school Learning Alliance. At snack times, we aim to provide nutritious snacks, which meet the children's individual dietary needs. Parents will make a monetary contribution per term towards the cost of snacks.

#### Procedures

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

- Before a child starts to attend the setting, we ask their parents about their 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 the Registration Form and parents sign the form to signify that it is correct.
- Parents are required to inform us if there are any changes to their children's dietary needs – including any allergies – to ensure our records are kept up-to-date.
- We display current information about individual children's dietary needs so that all our 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 provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We take care not to provide food containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
- We show sensitivity in providing for children's diets and allergies. We 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. If we have a child who requires special food we have a clearly labelled box for that child with suitable foods.

- We organise snack times so that they are social occasions in which children and adults participate.
- We use snack times to help children to develop independence through making choices, sharing food and drink and feeding themselves.
- Children bring their own bottle containing fresh drinking water. The children help themselves to water whenever they want to and they are reminded to drink more if it is warm or they have been exercising.
- We provide whole pasteurised milk for children, in accordance with parents' wishes.

### Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

### Further guidance

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

This policy was adopted by	Stanmore Baptist Preschool
On	3 <sup>rd</sup> March 2020
Date to be reviewed	March 2021
Signed by the Managers	
Name of Managers	Alison Theobald and Jackie Barnes
Signed by the Committee Chair	
Name of Committee Chair	Sian Bender