



## **Harden Pre-School & Memorial Hall** *Springfield Breakfast & Afterschool Club*



# **Food and Drink and Healthy Eating Policy**

### **Policy statement**

Harden Pre-School and Springfield Breakfast and After School Club regards snack and mealtimes as an important part of the setting's day. Eating is a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating at all meal and snack times where we provide nutritious food, which meets the children's individual dietary needs. We also consider cultural and parental preferences and allergies. We like the children to help in the making and preparing of snack as we feel that this gives them a full picture of where foods come from, and the processes involved in getting it to our plate.

### **Procedures**

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

- Before a child starts attending our setting, parents/carers complete a registration form highlighting their child's dietary needs and preferences, including any allergies. To ensure the child is safe any allergies are recorded on a care plan.
- 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 (including a photograph) in rooms where food is served so that all staff and volunteers are fully informed about them.
- Staff that prepare snack all have Level 2 Food Hygiene & Safety certificates.

## **Snacks**

- Fresh drinking water is always available and a choice of milk or water is offered at meal and snack times.
- At snack time we offer a range of healthy snacks including fruit, cereals, savoury snacks, and yogurts.
- 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.
- 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.
- To protect children with food allergies, we discourage children from sharing and swapping their food with one another.

## ***Packed lunches***

- Harden Pre-School cannot provide cooked meals and children are required to bring packed lunches. We recommend that frozen ice packs are added to lunch boxes to keep the food safe.
- We encourage parents to provide fruit and vegetables every day. If grapes or small sausages are sent in lunch boxes, they must be cut longways to avoid children from choking.

Examples of what parents/carers may provide in their child's lunch box:

- ❖ Sandwiches or wraps that include meats, cheese or egg.
- ❖ Cold pasta/rice/pizza
- ❖ Crackers, breadsticks or cheese snacks
- ❖ Yogurt, mousse or custard.
- ❖ Portion of fruit or vegetables
- ❖ Drink

Any uneaten food will be returned so that parents/carers can see what their children have eaten for their lunch. If a child is repeatedly leaving parts of their lunch, then a

staff member will speak to the parents/carers to discuss possible changes for example a smaller lunch.

### Healthy Eating and Oral Health

We discuss healthy eating and caring for our bodies and teeth through a wide range of activities. We use stories and props to support the children’s understanding. We also take part in the fluoride varnishing programme working in partnership with the community dental nurses.

This policy was adopted on	Signed on behalf of the setting	Date for review
<i>14<sup>th</sup> December 2023</i>	<i>Karen Clarke – Manager Michelle Wood – Deputy Manager</i>	<i>13<sup>th</sup> December 2024</i>