



2. HEALTH POLICY: FOOD & DRINK

We recognise that snack and mealtimes are an important part of the child's day. It is a social time for children to enjoy food. We aim to provide healthy, balanced, and nutritious food and drink to meet the child's needs and to allow them to experience a variety of different foods.

- Parents/carers must provide information about their child's special dietary requirements, preferences and food allergies, when registering and keep us updated of any changes.
- Specific dietary information for a child (or member of staff) is displayed in both the food preparation area, eating area and the emergency evacuation register. The board displayed in the eating area will include a photograph of the child to ensure these restrictions are observed.
- We regularly consult with parents about their child's dietary requirements
 1. Ensure existing information is up to date.
 2. Uncover any new requirements/allergies for a child that we may not be aware of.
 3. Keep parents informed about any concerns or changes in eating habits.
- We operate a four week snack menu which is organised to provide a healthy, nutritious and balanced diet. Each weekly menu is displayed in the exterior display cabinet for parents to see.
- From time to time the children will have something different from the menu as they may have cooked something that morning or picked something from the vegetable garden.
- A choice of milk or water is provided to all children during snack time but if they wish they may drink something provided from home should they have a special dietary requirement, e.g. lactose intolerant. Juice however, is not offered at snack time, and should not be sent in for snack.
- A jug of fresh drinking water and cups are accessible to the children throughout the day.
- Parents are asked to provide a named water bottle containing water, not juice.

- Lunch club - Parents are asked to provide a healthy, balanced and nutritious lunchbox for their child. They are advised to put a cool pack in the lunch box as we do not have the refrigerator space for lunch boxes. Parents may include a fruit juice in your child's lunch box to have at lunch. If you require advice on this booklets are located within the cloakroom.
- Staff will sit with the children during snack and lunchtime to support and monitor the children's eating. The children will always be encouraged to have a drink and eat the items with the most nutritional value or energy first. If we felt that a child was consistently not being provided with a suitable lunchbox then we would raise our concerns with the parents to discuss other food options. Any uneaten food is left in a child's lunch box so parents will know what they have eaten, except for yoghurt and drink cartons that children have already opened.
- During all mealtimes it is the role of the staff to encourage each child's independence, support social interaction and promote healthy eating. Staff may also role model healthy eating

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- Fresh drinking water is available to staff and children at all times.
- Staff promote the importance of good health in the form of physical exercise and a healthy diet.
- Food is prepared hygienically for children by staff. Staff involved in preparing food must receive training in food hygiene during their induction process.
- All food is stored safely in accordance with environmental regulation.
- All food beyond its sell-by-date is disposed of.
- A record of the fridge temperature is taken daily to ensure it is maintained at a safe temperature.
- Regular reviews are carried out on our menus.
- We use the healthy portions book to ensure servings are appropriately sized.
- Dairy produce is dated when opened and used within 3 days of opening. Anything unused is then disposed of irrespective of the use-by date.
- Ofsted must be notified of any food poisoning affecting two or more children looked after on the premises. Notification must be made as soon as is reasonably practical but in any event within 14 days of the incident.

Updated	Reviewed	Next Review
January 2015		January 2016
January 2016		January 2017
November 2016	November 2017	November 2018

Chair of the Committee's signature:

Supervisor's signature:

Deputy's signature:

Date: