



HEYWOOD PREP
CORSHAM

EYFS FOOD & DRINK POLICY

**Updated
March 2019**

1. Introduction

This policy applies to the EYFS, including after school and holiday clubs.

This policy has been developed with regard to Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs.

2. Policy statement

This setting regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating through opportunities for discussion about healthy foods and making healthy choices. We learn about the food we eat and where it comes from. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

3. Procedures

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

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies (see our Policy for Managing Allergies).
- We display current information about individual children's dietary needs so that all 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.
- Our caterers, Holroyd Howe, plan menus in advance.
- We display the menus of meals/snacks for the information of parents.
- We provide nutritious home-cooked food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the four main food groups:
 - various protein alternatives;
 - dairy foods;
 - grains, cereals and starch vegetables; and
 - fruit and vegetables.
- We 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.
- We have a Nut Free Policy, take care not to provide food containing nuts or nut products, and are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take inform the kitchen staff of this information so that they can take account of it in the provision of food and drinks.
- We provide a vegetarian alternative on days when meat or fish are offered and make every effort to ensure Halal meat or Kosher food is available for children who require it.
- 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 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.
- We provide children with utensils that are appropriate for their ages and stages of development.

- 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.
- In accordance with parents' wishes, we offer children staying late an appropriate meal or snack.
- We inform parents who provide food for their children about the storage facilities available in the setting. They must include an ice pack in packed lunches as we do not have a fridge facility for storing the children's packed lunches.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

Packed lunches

For children who choose to bring a packed lunch, we:

- ask parents to ensure packed lunches contain an ice pack to keep food cool;
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraîche. We discourage sweet drinks and can provide children with water or milk;
- 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;
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

4. Approval & Review

This policy was reviewed in March 2019 and approved by Anna Lawrence, Head of Pre-Prep. The next policy review will take place in February 2020.



Anna Lawrence
Head of Pre-Prep