

Diet – Food and Drink Policy V.2

June 14

2014

Owned by: Tracy Pointon
J:/StudentServices/DepartmentResources/StudentServicesPoliciesandProcedures
/EarlyYearsCentre/Diet-FoodandDrinkPolicy
June 2012 V.2

Update due:
May 2015

Impact Assessed:

Policy

Title: Diet – Food and Drink

From: Early Years Centre

**Date: 20th August 2010;
reviewed 8th August 2014**

At the Early Years Centre, we understand that eating represents a social time for children and helps children to learn about healthy eating. At snack and meal times, we aim to provide nutritious, healthy, balanced food, which meets the children's individual dietary needs. We avoid serving foods with large quantities of fat, sugar, salt, additives, preservatives and colourings. Our lunchtime meals are hot and prepared for us by the University.

Healthy eating

To promote healthy eating at this setting we will:-

- Find out before a child starts what are their dietary needs and preferences, including any allergies or preferences
- We will record information about each child's dietary needs on their registration records and parents sign to signify that it is correct
- We will regularly consult with the parents to ensure that our records of their child's dietary needs, (including allergies) and religious beliefs are kept up-to-date and are correct
- Breakfast and supper/tea is not provided, however parents are welcome to provide a cold tea for their child if their child is remaining at the Centre after 5pm
- Breakfast is consumed in the Baby, Tweenie and Toddlers rooms and children need to be at the Centre before 8:30 am in order have this option
- We display current information about individual needs for all staff and volunteers to see and ensure they 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 parent's wishes
- We display the meal menus for the parents' information on a notice board
- We provide a variety of foods from the four main food groups eg:- meat, fish and protein alternatives, dairy foods, fruit and vegetables, grains and cereals
- We 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 take great 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
- The dietary rules of religious groups and also vegetarians/vegans will be met in appropriate ways
- We provide a vegetarian/vegan meal every day for children who are not allowed meat or fish
- We use meal and snack times to help children develop independence through making choices, serving drinks and feeding themselves
- We provide children with appropriate utensils that are appropriate for their age 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
- Parents are encouraged to bring only healthy tea's for their child like:- healthy filling sandwiches, yogurt, fresh fruit etc;
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another
- We have different coloured plates which are used at lunch time so staff can easily see which children have an allergy eg: Green plate is vegetarian/vegan, Red plate is for normal meal
- For children who drink milk, we provide one third of a pint of whole pasteurised milk

Policy

- For all children under one we provide parents with daily written information about feeding routines, intake and preferences