**8Promoting Health and Hygiene**

**1.19 Food and Drink**

Policy Statement

At Mayfield Pre-school we regard snack and mealtimes as an important time of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating.

At snack times, we aim to provide nutritious food, which meets the children’s individual dietary needs. Children are encouraged to help us make choices about the snacks we eat, and each sessions two children will help with preparing snack. A self-service snack is offered to all children at 10am and 2pm with a variety of fruits and vegetables ( A variety of colours , tastes and textures throughout the week) and carbohydrates (at least 3 varieties a week). A few children will be asked to help prepare the snack AM and PM, which will include cutting, choosing and encourages discussion on healthy choices.

A Self-service will encourage children to choose the food they are going to eat for themselves, and to try new foods. Snack will also be free-flow in small group.

During our lunchtimes (12pm), we encourage parents to pack healthy, varied lunch boxes offering a range of healthy foods and drinks to their children. We make references to our website, and the Lets get cooking site, The Eat Better, Start Better guidance and the First Steps Nutrition Trust to support all in making healthy choices.

We regularly cook and bake with the children, harvesting apples from the Pre-school garden, as well as tomatoes, carrots, green beans and herbs to use sensory play or to cook with. We keep our parents involved through the use of Tapestry, and with a Cooking Bear that comes home with the children and also a monthly recipe to ‘try at home’.

**Procedures**

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

* On our registration form we request information about a child’s dietary requirements/any allergies.
* At the settling in meeting, Key Person will request more detailed information about the child’s requirements to ensure that they can be met sensitively.
* We display current information about individual children’s dietary needs in the kitchen, so that all 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 provide a variety of fruit, vegetables and carbohydrates. Please see attached our snack menu.
* We have a strict NO nut policy and will take care not to provide food containing nuts and will be very 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 account this information in the provision of food and drinks.
* We require staff to show sensitivity in providing for children’s diet 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. Diet will be catered for at snack time.
* We organise lunch and snack times to that they are social occasions in which children and staff participate – with staff sitting alongside children during their lunch session and role modelling.
* Children will have access to their named water bottles and a self service water station at all times of the day to encourage independence and pouring.
* We encourage children to drink from an open cup or free-flow cup (without a valve), so that they learn to sip rather than suck drinks, which is better for their teeth.
* We use lunch and snack time to help children develop independence through making choices, serving drinks and feeding themselves.
* We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
* Parents are requested to provide a drink for their child, but we do provide water stations throughout the day with open top cups and encourage children to be independent in helping and pouring themselves.
* For children who drink milk, we provide semi-skimmed pasteurised milk as advised by the CoolMilk (who provide our milk) as it contains same amount of calcium as whole milk but less fat.
* Our kitchen is a designated area for the hygienic preparation of snacks and cooking activities.
* All staff have received basic training and food hygiene.
* If 2 more children, who attend or setting, are affected by food poisoning, we will inform Ofsted within 14 days of the incident.

**Celebrations**

At Mayfield Pre-school we think partnership is key and like to celebrate those special occasions with you. We do encourage parents not to bring in cakes/sweets or any food for children’s birthday as we may have allergies or diet requirements to accommodate and at Mayfield Pre-school we promote healthy eating. We will celebrate special occasions with a song, special craft activities and the child being able to wear a ‘celebratory crown or sash’.

**Packed Lunch**

* Children who have lunch with us bring their own packed lunch. In order to protect children with food allergies, we discourage children from sharing and swopping their food with one another.
* We inform parents of our policy on healthy eating and discourage packed lunches that largely consist of crisps, processed food, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to speak to the parents about the unsuitability of these food types.
* We operate a clear no nut/nut product policy for our packed lunches.
* We ask that parents/carers to cut small round foods, like grapes, strawberries and cherry tomatoes, lengthways and into quarters to avoid choking.
* We provide children, bringing packed lunches, with plates, cups and cutlery; if required.
* We ensure staff are timetables to sit with the children to eat their lunch so that the mealtime is a social occasion.
* Please find attached some lunchbox ideas - [ea749e\_cfd4de2fa5cf44d9b6cfe53012d9b6d8.pdf (filesusr.com)](https://e9bd9976-654e-4696-8b44-8ac8a2d13fe4.filesusr.com/ugd/ea749e_cfd4de2fa5cf44d9b6cfe53012d9b6d8.pdf)

**Managing Fussy eating**

* We offer small taster portions of different foods at snack time to encourage children to try new foods.
* We praise children for trying new foods.
* We give children regular and repeated chances to taste new foods, as this increases their liking for and eating of new foods.
* Staff will eat their lunch with the children, talking enthusiastically about the taste and texture of the food.

**Personal Hygiene**

The setting has set high standards of personal hygiene for all members of staff involved in the handling and preparation of food. All members of staff have also completed all relevant training in Food Hygiene. (Health and safety training).

Members of staff will be responsible for ensuring that any children involved with preparation of snack follow strict hygiene procedures (e.g. hand washing before handling food). In addition, any person showing signs of ill health will not be permitted to handle food.

**Healthy Eating**

At Mayfield Preschool we recognise the importance of healthy eating and a balanced and nutritious diet, which is why we endeavour to make a variety of food available giving vegetarians/vegans options with plenty of low fat and low sugar foods and fresh fruit. Milk and fresh drinking water which is available at all times. If a child has a milk allergy we will work with their family to discuss an alternative.

We aim to provide a rich range of foods, including whole meal breads, fruits as well as a protein snack such as hummus.

**Oral Health**

* Sugary drinks are no served.
* Only water and milk (dairy alternatives available) are served with morning and afternoon snacks.
* Children are offered healthy nutritious snacks with no added sugar.
* Fresh drinking water is available at all times and easily accessible in an open free-flow cup.
* Staff follow the Infant & Toddler Forum’s Ten steps for Healthy Toddlers.
* Parents and children are encouraged to visit the dentist.
* Support and advise for ‘ditching the dummy’ from practitioners and health visitors.
* Children are offered healthy nutritious snacks with no added sugar.

**Breast Feeding Parents**

Any parents who needs to feed their child on site will be made to feel welcome and secure, and we will find them somewhere warm, comfy and inviting to sit so that they may nurse. We display the East Sussex (NHS) Breast feeding poster.

**Culture and Religious Diversity**

Mayfield Preschool and its staff are committed to embracing the religious and cultural diversity of families who use our preschool and we will work with the parents/carers to ensure that any dietary requirements are met at all times. It is our policy to introduce children to different cultural and religious festivals and events through different types of food and drink to discuss events with the children as well as foods so children have a wide knowledge of foods and tases.

No child will be forced to eat or drink something against their will and the withholding of foo sans drink will never be used as either punishment or reward.

**Cooking and Sustainability**

We encourage our children to help prepare snack in our setting. Throughout the year we aim to plant and grown a variety of foods, from salad items, to herbs and vegetables. We aim o keep our children involved in the growing process, seeing where their food comes from and seeking enjoyment in preparing and then eating it.

Fruits such as strawberries, raspberries, tomatoes and apples, can be grown and harvested on site during certain times of the year. Our herbs provide a base to sensory and playdough play throughout the year (cut by the children), and during the summer, when they are in abundance, we bundle these for use by our parents too.

We shop ‘locally’ for certain items.

**Outings**

We take regular outings to the local organic fruit and Vegetable Stall where the children can see the local allotment, purchase, and taste different types of vegetables throughout the year.

**Legal Framework**

EYFS 2024

**Further Guidance**

* Eat Better, Start better: Food and Drink Guidelines 2017, School Food Trust

[Eat-Better-Start-Better1.pdf (foundationyears.org.uk)](https://foundationyears.org.uk/files/2017/11/Eat-Better-Start-Better1.pdf)

* [Food safety - Help for early years providers - GOV.UK (education.gov.uk)](https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety)
* [How to apply – Get help to buy food and milk (Healthy Start)](https://www.healthystart.nhs.uk/how-to-apply/)
* [Eating well early years — First Steps Nutrition Trust](https://www.firststepsnutrition.org/eating-well-early-years) (snack and lunch ideas)
* [BNF 5532 Poster 2019.pdf (nutrition.org.uk)](https://www.nutrition.org.uk/attachments/article/1253/BNF%205532%20Poster%202019.pdf) – portions sizes
* [Preparing food safely for babies - Start for Life - NHS (www.nhs.uk)](https://www.nhs.uk/start-for-life/baby/weaning/safe-weaning/preparing-food-safely/#:~:text=think%20about%20the%20size%2C%20shape,in%20a%20highchair%20while%20eating)
* Infant & Toddler Forum: Ten Steps for Healthy Toddlers [www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/](http://www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/)

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