

# Food and Drink Policy

*“Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.” EYFS 2017 (3.47)*

Mealtimes should be a happy, social occasion for children; with positive interactions shared and enjoyed. We are committed to offering children healthy, nutritious and balanced snacks which meet their individual needs and requirements. We serve healthy, nutritious meals to support brain development and promote good health. To meet the requirements of the Early Years Foundation Stage and the Childcare Register, we must:

- Obtain information about any special dietary requirements, preferences and food allergies that your child has, and any special health requirements, before the child starts at our setting.
- Make sure fresh drinking water is available and accessible at all times.
- Make available information about the food and drinks provided for children.
- Notify Ofsted of any food poisoning affecting two or more children looked after on the premises within 14 days.

The ‘Voluntary Food and Drink Guidelines for Early Years Settings in England’ has been developed to help early years settings meet the EYFS Safeguarding and Welfare Requirement of the provision of healthy, balanced and nutritious food and drink and we follow these carefully.

<http://www.childrensfoodtrust.org.uk/pre-school/resources/guidelines>

We also follow Early Years Menu Guidance

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/658870/Early\\_years\\_menus\\_part\\_1\\_guidance.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/658870/Early_years_menus_part_1_guidance.pdf)

As part of our promise to support children’s health we work alongside the following partners:

- Vitamin Angels
- University of Huddersfield
- Locala
- Sugar Smart
- Fix our Food <https://fixourfood.org/>

## **Grass Roots Private Day Nursery will ensure that:**

- Children will have access to fresh drinking water at all time
- We work in partnership with parent/carer(s) to ensure that the medical, cultural and dietary needs of children are met
- We will help children to learn about a range of food and cultural approaches to mealtimes and to respect the differences among them.
- Our care promotes the good health of children.
- Children are provided with meals, snacks and drinks that are healthy, balanced and nutritious. The drinks provided are water and milk (semi-skimmed)
- Children know the importance of a healthy diet for good health
- Involve children in the preparation of food
- Plan varied menus for meals and snacks to include different tastes, colours and textures of food
- Portion sizes will take account of the age of the children being catered for

- Have a positive and welcoming eating environment to encourage children to eat well, and develop good eating habits and social skills
- The children and staff wash our hands before the preparation of food and eating
- Cater for the dietary requirements of all children, ensuring that any food allergies/intolerances are catered for, as well as children from all cultures and religions being able to enjoy appropriate meals and snacks
- Cultural differences in eating habits and the different ways people eat their food will be respected
- Meet the principles laid out in the 'Early Years Code of Practice for Food and Drink'
- Food is never withheld as a punishment, or given as a reward
- Register with the Local Authority Environmental Health Department, and all staff are up to date with legislation and in house training
- Our setting is suitable for the hygienic preparation of food
- Be compliant with completing checks and risk assessments relating to the preparation and storage of food
- It is important that children are given the opportunity to celebrate special occasions and cultural events, and food and drink is often used to mark these occasions. We will ensure that healthy options are provided
- We follow guidance on what we have in our menus by following the guidelines set out by Example Menus for Early Years Settings in England
- Parents of children under the age of 1 year are requested to provide their own milk and bottles
- Ready made formula or breastmilk can be stored in the fridge in the baby room and heated as requested - microwave or bottle warmer. These bottles are to be prepared following the NHS guidance <https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/making-up-baby-formula/> \*see appendix 1
- Parents can bring formula in ready measured pots or a tub
- All children under the age of 6 months, you should not use water straight from the mains tap as it is not sterile. We will boil the tap water first and then let it cool down. Water for babies over 6 months doesn't need to be boiled

## Allergies

At Grass Roots Private Day Nursery we are aware that children can have allergies to a range of different products, we will follow this policy to ensure allergic reactions are minimised or where possible prevented and staff are fully aware of how to support a child who may be having an allergic reaction.

- Staff will be made aware of the signs and symptoms of a possible allergic reaction in case of an unknown or first reaction in a child. These may include a rash or hives, nausea, stomach pain, diarrhoea, itchy skin, runny eyes, shortness of breath, chest pain, swelling of the mouth or tongue, swelling to the airways to the lungs, wheezing and anaphylaxis
- Information will be passed on by parents from the registration form regarding allergies and allergic reactions and must be shared with all staff in the nursery
- The nursery management team will ensure that the Allergy Awareness Card is completed and the information must then be shared with all staff
- An allergy register is kept on Family

- All food prepared for a child with a specific allergy will be prepared in an area where there is no chance of contamination and served on equipment that has not been in contact with this specific food type, e.g. nuts
- The manager, chef and parents will work together to ensure a child with specific food allergies receives no food at nursery that may harm them
- If a child has an allergic reaction to food, a bee sting, plant etc. a first aid trained member of staff will act quickly and administer the appropriate treatment. A sick child above all needs their family; therefore every effort should be made to contact a family member as soon as possible
- If this allergy requires specialist treatment, e.g. an epipen, then at least two members of staff working directly with the child and the manager will receive specific medical training to be able to administer the treatment to each individual child
- If the allergic reaction is severe a member of staff will summon an ambulance immediately. We WILL NOT attempt to transport the sick/injured child in our own vehicles
- Whilst waiting for the ambulance, we will contact the emergency contact and arrange to meet them at the hospital. A senior member of staff must accompany the child and collect together registration forms, relevant medication sheets, medication and child's comforter
- Staff must remain calm at all times; children who witness an allergic reaction may well be affected by it and may need lots of cuddles and reassurance
- All incidents will be recorded, shared and signed by parents at the earliest opportunity.

*\*Also see Medication Policy*

### **Learning about and through food**

It is a requirement under the Learning and Development requirements that we help children understand the importance of making healthy choices in relation to food. We advocate the Eat. Play. Love. campaign to allow children to explore and try new foods through sensory food play (<https://www.ellaskitchen.co.uk/eat-play-love>)

Through learning about food, playing and exploring, children learn the seven areas of learning. The examples given below show how learning about and through food can be linked to the Early Years Foundation Stage (EYFS).

### **Personal, social and emotional development**

Meal times offer children experiences to taste different foods, overcome dislikes and learn how to share. Sitting around a table eating food together is a good way to teach social skills. Cooking activities offer opportunities for learning through working with others and increasing self-esteem.

### **Physical development**

Fine and gross motor skills can be developed through activities such as using knives and forks, preparing food, and washing up. Mealtimes can be used to help children to make healthy food choices.

### **Communication and language**

Sitting around a table eating food together is a good way to teach conversation. Language can be developed and senses explored through discussing and describing the taste, texture, size, look and smell of food.

### **Literacy**

Many stories involve food. They can teach children about ingredients, where food comes from and about food for special occasions and from different cultures.

### **Mathematics**

Activities such as counting out spoons and pieces of fruit when setting the table or at snack time can be used to support numeracy skills. Sorting and matching foods into different types can help promote organisational skills and reasoning.

### **Understanding the world**

Food tasting activities teach children about ingredients, the seasons and where food comes from including food from different cultures. Growing fruit and vegetables teaches children about where food comes from, about life cycles, about gardening and how to look after plants. Many vegetables and herbs can be grown on window sills and in pots or bags, which children can be involved in.

### **Expressive arts and design**

Art activities can engage children with food and alert them to colours and shapes.

(Adapted from the Voluntary Food and Drink Guidelines for Early Years Settings in England – A Practical Guide)

### **Food Provision to be purchased for off site consumption**

- Grass Roots want to provide affordable, nutritious and delicious food for our families to be able to purchase and reheat at home
- We are aware that busy lives make it hard to make homemade meals with fresh ingredients so we want to support our families to make sure they can provide their children with nutritious meals
- Each week two/three dishes are advertised on our family app and parents can order to collect on Thursdays
- We adhere to all Food Hygiene Standards and all meals are appropriately labelled with ingredients, allergens and heating guidelines.

**This policy will be reviewed by management annually, who are responsible for ensuring the dissemination of this policy to all staff, volunteers and parents.**

## Appendix 1

### Step-by-step guide to preparing a formula feed

- **Step 1:** Fill the kettle with at least 1 litre of fresh tap water (do not use water that has been boiled before).
- **Step 2:** Boil the water. Then leave the water to cool for no more than 30 minutes, so that it remains at a temperature of at least 70C.
- **Step 3:** Clean and disinfect the surface you are going to use.
- **Step 4:** It's important that you wash your hands.
- **Step 5:** If you are using a cold-water steriliser, shake off any excess solution from the bottle and the teat, or rinse them with cooled boiled water from the kettle (not tap water).
- **Step 6:** Stand the bottle on the cleaned, disinfected surface.
- **Step 7:** Follow the manufacturer's instructions and pour the amount of water you need into the bottle. Double check that the water level is correct. Always put the water in the bottle first, while it is still hot, before adding the powdered formula.
- **Step 8:** Loosely fill the scoop with formula powder, according to the manufacturer's instructions, then level it using either the flat edge of a clean, dry knife or the leveller provided. Different tins of formula come with different scoops. Make sure you only use the scoop that comes with the formula.
- **Step 9:** Holding the edge of the teat, put it into the retaining ring, check it is secure, then screw the ring onto the bottle.
- **Step 10:** Cover the teat with the cap and shake the bottle until the powder is dissolved.
- **Step 11:** It's important to cool the formula so it's not too hot to drink. Do this by holding the bottle (with the lid on) under cold running water.
- **Step 12:** Test the temperature of the formula on the inside of your wrist before giving it to your baby. It should be body temperature, which means it should feel warm or cool, but not hot.
- **Step 13:** If there is any made-up formula left in the bottle after a feed, throw it away.

Taken from:

<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/making-up-baby-formula/> (accessed: 18/07/2023)