

**General Welfare Requirement: Safeguarding and promoting children's welfare**

*The provider must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill*

## **Safeguarding Children**

## **Food and Drink Policy**

### **Policy statement**

*At Little Wonders we promote healthy eating for all children. We ask the parents to send a healthy and balanced lunch box for their child.*

*Water is always available for the children in their Class Rooms.*

### **EYFS key themes and commitments**

<b>A Unique Child</b>	<b>Positive Relationships</b>	<b>Enabling Environments</b>	<b>Learning and Development</b>
1.4 Health and Well Being	2.2 Parents as Partners	3.2 Supporting Every Child	

### **Procedures**

We suggest that parents send the following:

- *A variety of foods from the four main food groups:*
  - *Meat, fish, and protein alternatives*
  - *Dairy foods*
  - *Grains, cereals, and starch vegetables*
  - *Fruit and vegetables*
- *Parents may not send food containing nuts or nut products and we are especially vigilant where we have a child who is known to have an allergy to nuts*
- *We ask parents not to send the following:*
  - *Soft Drinks*
  - *Junk Food like French Fries and Burgers*
  - *Sweets or Candies*

- *We organise meal and snack times so that they are social occasions – the children all sit and eat together. Food is not to be eaten wandering around the Classroom*
- *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 stage of development and that take into account the eating practices of their culture*
- *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 arriving early or staying late with an appropriate meal or snack*
- *We ask parents to send cold food with and ice pack in the lunch box and warm food inside a thermos*
- *We do not reheat packed lunch items, with the exception of baby food.*
- *In order to protect children with food allergies, we discourage children from sharing and/ or swapping their food with another*
- *Parents are provided with information about what their child has eaten on the child's daily diary*

#### **Further guidance**

- *Safer Food, Better Business*  
[www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/](http://www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/)

**This policy was adopted at a meeting of Little Wonders Nursery School**

**Held on: 1<sup>st</sup> September 2016**

**Date to be Reviewed: 1<sup>st</sup> September 2017**

**Signed on behalf of the Management Committee:**

**Name of Signatory: Tamara Tucker**

**Role of Signatory: Nursery Manager**