



Healthy Eating Policy

Scotter Pre-School/OOSC are committed to meeting the EYFS Welfare Requirements and the individual needs of children attending.

At Scotter preschool/OOSC we believe that mealtimes should be happy, social occasions for children and staff alike. We promote enjoyable positive interactions at these times.

A balanced and healthy daily snack is provided for all children

Fresh drinking water is always available and accessible. It is frequently offered to children and intake is monitored. In hot weather staff will encourage children to drink more water to keep them hydrated.

We give careful consideration to seating to avoid cross contamination of food from child to child. Where appropriate, a staff member will sit with the children during meals to ensure safety and minimise risks. Where appropriate, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods.

Staff show sensitivity in providing for children's diets and allergies. They do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of his/hers diet or allergy.

We aim to do this by:

- Discussing with parents on their child's entry to the setting, their individual dietary needs, any allergies, and any religious requirements.
- Recording information about individual children and ensuring that all staff are aware of those needs.
- Providing nutritious food using fresh produce.
- Ensuring that where children bring packed lunches parents are aware of the need to provide healthy foods.
- Discussions with parents regarding their children's needs on a regular basis and updating records accordingly.

- Ensuring that children are offered food and snacks according to parents' wishes, cultural and medical requirements and individual needs.
- Informing parents of the need for ice packs in lunch boxes.
- Ensuring that children are offered age-appropriate utensils.
- Providing snack times that are social times where children feel comfortable, staff participate, and independence is encouraged.
- Working with required agencies to ensure all requirements are met with regard to the handling and preparation of food.

We will make every effort to help educate the children and parents about the importance of a healthy balanced diet, and the importance of a healthy lifestyle.

We will take into consideration cultural, religious, and other dietary requirements when planning snack and breakfast by working in close partnership with parents/carers will ensure that we meet their child's particular needs. This will also provide us with a valuable opportunity to introduce all the children that attend our setting to different cultural food types.

Food brought from home

- All food provided by parents including pack lunches is to be brought in daily- no food will be held overnight.
- We request an icepack to be included in children's pack lunches to ensure perishables are kept cool until lunch time.
- No nut products, including chocolate spread to be in pack lunches. Even if a child does not have a nut allergy cross contamination to a child that does can be fatal.
- Children's pack lunches to be labelled clearly with their full name.
- We will sometimes celebrate special occasions such as birthdays with the occasional treat of foods such as cake, sweets or biscuits. With the current situation, we ask all parents to purchase birthday cakes, biscuits etc to help contain the spread of COVID-19

Food and Drink Preparation.

All Staff at Scotter Pre-School/OOSC have a duty and responsibility for the correct maintenance of food and drink preparation areas.

- All staff involved in preparing and handling food will receive training in food hygiene (EYFS 3:46).
- The management team will be confident that those responsible for preparing and handling food are competent to do so.
- Surfaces will be cleaned before and after any food/drink preparation.
- Faults and breakages will be reported to the manager.
- Equipment will be checked regularly as per regulatory requirements.

This policy has been approved and adopted by Scotter Preschool/OOSC.

Healthy under-fives programme

<http://webarchive.nationalarchives.gov.uk/20100309101333/healthyunder5s.nhs.uk/home.aspx>

Date written..... Date to be reviewed.....

Signed;
Committee Officer..... Date.....
(Trustee)

Preschool
Manager..... Date.....

OOSC
Supervisor..... Date:.....