

## Promoting health and hygiene



### Food and drink

#### Policy statement

At Rudgwick Pre-school we regard snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating using resources and materials from the Pre-school Learning Alliance campaign *Feeding Young Imaginations*. At snack and meal times, we aim to encourage healthy nutritious food and drink, which meets the children's individual dietary needs.

#### EYFS key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

#### Characteristics of Effective Learning

Playing and Exploring Engagement	Active Learning Motivation	Creating and Thinking Critically - Thinking
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#### Procedures

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

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children with Allergies policy).
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. Parents sign the up-dated record to signify that it is correct.
- All staff are fully informed and aware of current information about individual children's dietary needs.
- 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 introduce foods from the diet of all the children's cultural backgrounds within our setting and regularly provide a variety of healthy fruit and vegetable snacks for all the children to try in a relaxed social environment.
- We adhere to the Food Standards Agency Food Allergen 2014 guidance; having an awareness of the 14 allergens and recording for reference snack items that contain allergens.
- We rigidly adhere to our 'nut free' policy and are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading by staff, 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 of this information in the provision of food and drinks.
- We require staff to show sensitivity in providing for children's diets 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.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- Where necessary 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.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water both inside and out at any time during the day.
- We inform parents about the storage facilities available in the setting.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another, and ensure the floor is swept at the end of snack/lunch time to ensure any dropped food is cleared away.
- For each child attending the setting the Government provides an allowance of a 1/3 pint of milk per day, other than this we offer water.

### *Packed lunches*

At Rudgwick Preschool we:

- support the children in putting their lunch boxes/bags on the lunch trolley and on arrival we encourage parents/carers to use ice packs to keep food cool (especially in the summer months).
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk-based deserts such as yoghurt or crème fraîche. (We ask for no chocolate or sweets, these may be removed and returned at the end of the session).
- we discourage sweet drinks and provide children with water.

- as children bring in packed lunches, they are provided with plates, cups and cutlery where necessary
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion
- annually undertake a snack and lunch time survey to check that foods bought in are on the whole deemed healthy by staff.
- try to regularly inform parents about the importance of healthy eating and diet and make the following requests;

### **What should we give our Children for Snacks?**

1. Fresh fruit, raw vegetables, cheese, breadsticks, rice cakes, crackers or similar.
2. Avoid giving too many prepacked snacks as these can have a high sugar content.
3. Water and milk are the best drinks to give throughout the day to reduce sugar intake. Give squash or juice at mealtimes only.
4. Only give yoghurt coated raisins as part of a meal and NOT a snack due to the excessive sugar content.
5. No nuts, chocolate or sweets to be part of snack or lunch.

### **What is the Impact of too much sugar?**

Too much sugar can have a detrimental effect on children's development – it can impact on their learning, listening and behaviour, they can gain weight and it can cause tooth decay.

### **Oral health**

The setting provides care for children and promotes health through promoting oral health and hygiene, encouraging healthy eating and healthy snacks.

- Fresh drinking water is available at all times and easily accessible.
- Sugary drinks are not served.
- Only water and milk are served with morning snacks.
- Children are offered healthy nutritious snacks with no added sugar.
- Parents are discouraged from sending in confectionary as a snack or treat.
- Staff follow the Infant & Toddler Forum's Ten Steps for Healthy Toddlers.

### **Pacifiers/dummies**

- Information regarding dummy use is regularly shared with parents in which they are *advised* to stop using dummies/pacifiers once their child is 12 months old.

### **Legal framework**

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

### **Further guidance**

- Safer Food, Better Business (Food Standards Agency 2008)

- Public Health England – Change4Life campaign 2018
- 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/)

This policy was adopted at a meeting of	Rudgwick Pre-school
Held on	<hr/> 19 <sup>th</sup> January 2023
Date to be reviewed	<hr/> 19 <sup>th</sup> January 2025
Signed on behalf of the management committee	<hr/> <i>William Baldwin</i>
Name of signatory	<hr/> William Baldwin
Role of signatory	<hr/> Chairperson

**Other useful Pre-school Learning Alliance publications**

- Nutritional Guidance for the Under Fives (2009 & 2010)
- The Early Years Essential Cookbook (2009)
- Healthy and Active Lifestyles for the Early Years (2012)