**Healthy Eating Policy**

We provide all children in our care with healthy snacks and drinks.

If you want to supply food for your child for consumption on the premises, you must be aware of food hygiene when preparing packed lunches or snacks. This includes checking dates for consumption of both dried and perishable foods, and correct storage of food items when sent to the setting.

As consumption of all food on the premises, inclusive of packed lunches provided by parents, is ultimately our responsibility, the following must be observed at all times.

* Any food not consumed by your child will be sent home in their lunch box, so that you know how much they have eaten.
* Any out of date foods will not be given to your child, as they cannot be stored on the premises, they will be discarded and you will be informed.
* Food brought to the setting to meet your child's specific Dietary requirements can only be stored on a weekly basis and must be collected at the end of the week.
* WE ARE A NUT FREE SETTING, please ensure you do not give your child any foods containing nuts, such as Nutella Chocolate spread or peanut butter etc.

We encourage children to choose healthy options and to experiment by trying new foods from other cultures.

If you have any concerns regarding diet/menu/quantity, please do not hesitate to discuss it with one of us.

Children are offered water or milk at snack time. A list of any food or liquid supplied for children will be kept on file as required by the EU FIC, December 2014 to include the 14 allergens which are now listed:

Cereals containing gluten Nuts

Crustaceans Soya

Molluscs Milk

Eggs Celery

Fish Mustard

Peanuts Sesame

Lupin Sulphur dioxide (at a level above 10mg/kg or 10mg/litre)

We regard snack and meal times as an important part of our day. Eating represents a social time for children and adults, and helps children to learn about healthy eating. We promote healthy eating. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

**Procedures**

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

* Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
* We record information about each child's dietary needs in the Registration Form and parents sign the form to signify that it is correct.
* 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 updated record to signify that it is correct.
* We display current information about individual children's dietary needs so that all our 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 include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
* We take care not to provide food containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts.
* Through discussion with parents and research reading, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
* We show sensitivity in providing for children's diets and allergies. We 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 adults participate.
* We use meal and snack times to help children to develop independence through making choices, 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.
* 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.
* We inform parents who provide food for their children about the storage facilities available in our setting.
* We give parents who provide food for their children information about suitable containers for food.
* In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
* For young children who drink milk, we provide pasteurised semi-skimmed milk.

**Packed lunches**

Where we cannot provide cooked meals and children are required to bring packed lunches, we:

* ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
* inform parents of our policy on healthy eating;
* inform parents of whether we have facilities to microwave cooked food brought from home;
* encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts, such as yoghurt or crème fraîche, where we can only provide cold food from home. We discourage sweet drinks and can provide children with water,
* discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;
* provide children bringing packed lunches with plates, cups and cutlery; and
* ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.

**Legal framework**

* Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.
* We keep a record of any food or drinks given to the children, in line with the Allergens
* Further guidance
* Safer Food, Better Business (Food Standards Agency 2011
* Food Information Regulations EU1169/2011 (FIR Regs) December 2014



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

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

This policy was adopted by Kingfisher Kindergarten Ltd

On 29th November 2018

Date to be reviewed Annually

Signed on behalf of the provider

Name of signatory La-Ryne Baker

Role of signatory Owner