

Food, drinks and healthy eating policy and procedure

(To be read and used with the health and hygiene policy and procedure.)



It is the policy of Berriew Pre-school to promote a healthy lifestyle when providing food or food-related activities to children.

We do this by:

- Registering our premises with the local authority according to the Food Premises (Registration) Regulations Act 1991, Food Safety Act 1990 and Food Hygiene Amendment (Regulations 1990).
- Seeking advice from the Food Standards Agency where needed.
- Taking account of and learning from Food and Health Guidelines for Early Years and Childcare Settings (Welsh Assembly Government/Health Challenge Wales, March 2009)¹.
- Noting information about their child and family needs provided by parents/carers at admission.
- Involving parents/carers and children in the ongoing development and review of this policy.
- Displaying our menus weekly on the parents notice board outside.
- Encouraging parents/carers/children to make menu suggestions.
- Ensuring that we use an inclusive approach to meeting children's dietary/cultural/health and age and stage needs when providing food and food-related activities.
- Ensuring staff receive training about healthy eating and food safety.
- Offering nutritious foods at snack and meal times, that meet the children's individual dietary needs.
- Providing fresh drinking water throughout each session.
- Semi-skimmed milk is available to children during each session.
- Supporting mothers to continue breast feeding.
- The children who are not lactose or have dairy allergies are offered



milk or water.

- Work towards healthy preschool award.
- Avoiding foods that contain high proportions of fat, sugar or salt and the use of foods containing additives, preservatives and colourings are minimised.
- Keeping parents/carers informed about what their child eats; their likes and dislikes as new tastes are developed.
- Encouraging children to try a range of food experiences and activities that broaden their taste and understanding of their own and other cultures, in addition to valuing and respecting other traditions.
- Ensuring that food that is part of a celebratory event is discussed in advance and continues to meet this policy and procedure.
- Encouraging children to access outdoor activities.
- Never using food as a form of punishment.
- Giving children the time they need to eat and drink.
- Using appropriate furniture, crockery and cutlery and serving food in ways that develop and encourage social skills.
- Ensuring adults sit with children at meal times and model and encourage social skills and behaviour.
- Ensuring that any food waste is disposed of in ways that care for our environment.
- Following Bach I ach & welsh government guidelines for healthy eating.

This **food, drinks and healthy eating** policy and procedure was passed for use in Berriew Pre-school.

On:

By:

Position:

Date of planned review: