

## Promoting health and hygiene

### 1.12 Food and drink

#### Policy statement

The Bumblebee Children's Charity regards snack and meal times as an important part of the 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 provide nutritious food, which meets the children's individual dietary needs.

#### Procedures

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

- When a child starts to attend The Bumblebee Children's Charity, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children with Allergies policy.)
- We record information about each child's dietary needs in her/his registration record and parents sign the record 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 on their registration forms to notify us of any changes to ensure records are up to date.
- We display current information about individual children's dietary needs so that all 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 plan snacks in advance, involving children and parents in the planning.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the four main food groups:
  - meat, fish and protein alternatives;
  - dairy foods;
  - grains, cereals and starch vegetables; and
  - fruit and vegetables.
- 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 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 provide a vegetarian alternative on days when meat or fish are offered if necessary and make every effort to ensure Halal meat or Kosher food is available for children who require it.
- 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 snack times so that they are social occasions in which children and staff participate.
- We use snack times to help children develop independence through making choices, serving food and drink and feeding themselves where appropriate.
- 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 and adults.
- We inform parents who provide food for their children about the storage facilities available at The Bumblebee Children's Charity.
- 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 children who drink milk, we provide whole pasteurised milk.

### **Legal Framework**

- Regulation (EC) 853/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

### **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/)

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

- Nutritional Guidance for the Under Fives (2005)

This Policy was adopted by	
The Bumblebee Children’s Charity in	September 2015.....
Signed on behalf of the Management Committee	September 2016.....
	September 2017.....
	September 2018.....
Name of signatory	
Role of signatory	