



Healthy Mealtimes Procedures

Reviewed June 2020

The Early Years Foundation Stage framework (EYFS) requires that - "where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious".

Aims

In line with government guidelines we aim to encourage children

- To eat healthily
- To have good eating skills and table manners.
- To share a social event with friends.

Healthy Eating

We will provide healthy, nutritious and balanced food and drinks. Food and drink will be safely prepared with regard to the dietary and religious requirements of the children in our care. We ask parents to notify us regarding any special dietary requirements or allergies when they register their child.

We will promote healthy eating and will lead by example. We will ensure that staff responsible for food preparation - handling and storage of foodstuffs, are competent to do so. Staff will have received appropriate training in food hygiene.

Where appropriate, children will be involved in planning and preparing food and snacks and be encouraged in developing their understanding of what constitutes "healthy options" and "a balanced diet"

Snacks

We encourage children to eat healthily by providing different healthy choices that might include a variety of different fresh & dried fruits; bread based savoury snacks; salad snacks; dairy products; and a choice between milk and water.

- Children are encouraged (and adults routinely check) that children practice good hygiene practices e.g. washing their hands effectively before having a snack.
- Fresh drinking water to drink available freely throughout each session
- A choice of either milk (full fat) or water is available in jugs for the children to pour on their own developing their independence
- A range of different finger foods representing different food groups and other produce and foods by other nationalities.
- Allergies and food intolerances are clearly displayed and new staff are made aware of individual requirements

All dietary needs will be catered for whether medical, cultural or personal choice

Breakfast Club

Children attending a breakfast club will be provided with:

- A choice of 3 cereals (preferably representing different grains: corn; wheat; rice; oats; etc)
- Diced fruit topping (apple/dried fruit)
- A bread option (choices: toast; bagel; muffin; waffle etc)
- Spread options (choices: honey; marmite)
- Drink Option (choices: milk/water/natural juice)

All other safety precautions will be adhered to throughout breakfast club.

Lunch Period

We feel that parents and/or carers know their own children best so we do not stipulate what should or should not be provided in children's lunch boxes. However, we would encourage you to ensure that your child has a balanced packed lunch, and provide the following guidelines, based on our experience, which you may find helpful:

- ☀ Most children eat only a small amount and can be daunted by a lunch box full of food or too many choices (NB: young children's tummy's are about the size as a small adult's fist)
- ☀ Don't feel guilty if your child prefers white bread. Latest guidelines suggest that children benefit from different kinds of bread
- ☀ A few tasty things nicely presented go down best, i.e., individually wrapped/boxed. (Provide one item from each food group from the table above as a starting point)

We suggest the following makes a balanced and tempting lunch box

- A sandwich, (one slice of bread is often enough); a wrap; pasta dish; or similar
- A few crisps (in a pot, not a whole bag) or other savoury treat
- Cut up fruit (include some dried fruit options) and/or vegetable sticks (can mix)
- A yoghurt or similar
- A treat such as a mini muffin or cake
- A drink (Fruit Juice, or pre-prepared Juice Drinks are very acidic for little tummies, why not decant them into a beaker, and water them down?). Water is provided for children that do not have a drinks bottle

Please only include one small after-lunch treat!

Top Tips for a safe lunch box:

- Store lunch boxes in the fridge until it's time to go to school
- Use an **insulated** plastic lunchbox (check the label)
- Keep lunch boxes cool - **include** a frozen drink, or a frozen ice pack
- Provide a **plastic** drinks bottle (**NO** glass bottles or fizzy drinks)
- **Avoid** nuts (some children have nut allergies)
- **Wash** fruit and vegetables thoroughly especially those that are to be eaten raw
- **Keep** lunch boxes clean and disinfected
- **Check** labels to see how ready-to-eat foods should be stored and for how long (check "use-by" and "best before" dates)
- **Provide** a container in which to put uneaten food (maintaining lunch-bag hygiene)
- If in doubt, throw out any uneaten perishable food at the end of each day

Remember:

Food can reach unsafe temperatures in winter as well as summer

Health & Safety Notice

BUGS are usually spread through poor hygiene regimes i.e. not washing hands after going to the toilet properly, either by hand contact, on toys, or indirectly through food or water.

It is very important for children to wash their hands after using the toilet and before eating to minimise the possibilities of spreading these infections.

Promote and supervise a rigorous hand-washing regime that will minimise the chances of your child picking up one of these bugs!

In order to facilitate Lunch, the setting staff will:

- Store packed lunches in a cool place, using additional ice packs to keep food fresh
- Ensure that children use the toilet and wash their hands thoroughly before having their lunch
- Ensure that children are supervised so that they do not share lunches
- Encourage children to eat their bread-based item first and to have a drink
- Encourage children to sit at the table until they have finished eating (praising children for finishing all their lunch)
- Encourage children to tidy away their lunch by putting both their food containers and left over food back into their lunch-bag. (Parents know what has been eaten by what's left)
- Ensure that children wash their hands after their meal to avoid contaminating equipment with food bacteria.
- Ensure that children have plenty of time to eat
- Encourage finished children to play quietly...to let their lunches go down!
- The EYFS Staff: Child ratios apply

Further information can be found on the following websites:

- In January 2013, the School Food Trust published new Voluntary Food and Drink Guidelines for Early Years Settings in England to help early years providers and practitioners meet this important EYFS welfare requirement. Following these national food and drink guidelines will help providers and practitioners meet the nutritional needs of children aged one to five years attending early years settings. In addition there are practical support tools designed to help practitioners understand and use the food and drink guidelines. These support tools include menus and recipes, self evaluation checklists and an early years code of practice for food and drink, available from <http://www.schoolfoodtrust.org.uk>
- NHS Choices - school packed lunches
<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx>
- Change4life: <http://www.nhs.uk/change4life/Pages/change-for-life.aspx>
- Pre-school Learning Alliance <https://www.pre-school.org.uk/about-us/nutrition>
- Safer Food Better Business (Food Standards Agency)
www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/sfbbcaterer

Safeguarding and Welfare Requirement: Health

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.

This policy was reviewed by	Kennford Playbox	<i>(name of provider)</i>
On	_____	<i>(date)</i>
Date to be reviewed	June 2022	<i>(date)</i>
Signed on behalf of the provider	_____	
Name of signatory	Marie MacFarlane	
Role of signatory (e.g. chair, director or owner)	Chairperson	
