



EYFS Requirement

This policy has been written in line with the Early Years Foundation Stage Safeguarding and Welfare requirements (section 3.45 to 3.47)

Related Policies

Equal Opportunities Policy
Health and Safety Policy
Health and Hygiene Policy

Legislation

Children Act 1989
Children Act 2004(Every Child Matters)
Children Act 2006

Our Aims

- To provide the children with snacks and drinks that are healthy, balanced and nutritious
- To support eating 5 portions of fruit and vegetables a day
- To encourage the children to look at long term effects of healthy and balanced diet
- To respect the different dietary, cultural and health needs of all our children

Meal and Snack Time Routines

- We encourage the children to take turns share and be polite
- We encourage the children to help with the preparation and giving out of snacks
- We plan meal and snack time as a pleasant and social event
- We encourage the children to use manners at all times
- Staff take meal and snack times to talk to the children about healthy eating
- We encourage children to explore different types of food
- We will not force children to eat or drink something against their will
- We do not use food as a reward or withhold it as punishment
- We will avoid excessive amounts of sugary and fatty foods
- No child is left alone while eating and drinking to ensure there is no risk of choking

- We encourage children to be independence at meal and snack times through making choices, serving food and feeding themselves.

Availability of Water

At Stepping Stones we have fresh drinking water and suitable cups available for children and staff at all times throughout the day. We encourage the children to help themselves to water either independently or with support. Support is provided for the children in recognising when they need a drink such as when they are hot, thirsty or feeling unwell.

Snacks

We offer a balance and variety of snacks at Stepping Stones in order to provide a range of nutritious experiences for the children. Snacks of fresh fruit, vegetables and milk are provided mid morning and mid afternoon. We have achieved the Cute Fruit Plus award and we support healthy snacking and good oral hygiene.

Dietary Needs and Food Allergies

At Stepping Stones we require parents/carers to fill out a Family Information Form to obtain and record information about their child's dietary requirements before they start at nursery. Staff are aware of where to find the Family Information Forms. They are then recorded on a central record system which is kept in prominent places around the nursery. We use sensitivity in catering for children with specific dietary needs.

Multi Cultural Requirements and Preferences

Staff respect and make arrangements for children's cultural and religious needs and also any preferences a child may have. These are recorded on the Family Information Form before a child starts at Stepping Stones. They are then recorded on a central record system which is kept in prominent places around the nursery.

Birthday Celebrations

We encourage birthday celebrations within the nursery however parents/carers wishing to bring in a cake for their child may only do so if it is in a 'shop bought' sealed box, this is so that we are aware of where the cake has come from, what the use by date is and so that we have a full list of the ingredients. Any sweets or chocolate brought in for a child's birthday will be sent home with each child for parents/carers to decide if their child eats them.

Hygiene

- Cleaning routines in the kitchen and serving areas have been set up to ensure that all surfaces and storage areas are cleaned correctly

- Food is stored at the appropriate temperature and all fridges and freezers are checked daily and cleaned regularly
- In the event of any cases of food poisoning of 2 or more cases, we will contact Ofsted and Environmental Health and take appropriate action. Parents will also be informed.
- The kitchen is inspected regularly and any issues are addressed immediately

Safety

- All children must be sat down at the table before any hot food is brought in to the room.
- When children are helping to prepare snacks a risk assessment must be carried out beforehand

This policy was reviewed in; May 2014

Signed on behalf of the setting; (Caroline Betts) Signature.....

Date for review; May 2015