Busy Fingers

**Food and drink**

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**Nov.2019**

**Policy statement**

We regard snack and mealtimes an important social occasion. We promote healthy eating and provide games and activities that promote this, these activities are visible in our Curriculum Plans which ensures that our message of healthy eating continuously remains a priority.

**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.
* We record information about each child's dietary needs in the Registration Form and parents sign the form to signify that it is correct.
* Parents complete a medical form which asks specific questions about the child. This determines if the preference is a medical condition or a life style choice.
* We display current information about individual children's dietary needs so that all our staff and volunteers are fully informed about them. These forms are located near our snack table and in our kitchen (on the wall).
* 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.
* There are occasions when children share Birthday cake; when this happens, we check the allergies list and allow each child a small portion to celebrate the day, if there are no contraindications.
* We use meal and snack times to help children to develop independence through pouring their drink and feeding themselves.
* We have fresh drinking water constantly available for the children. We encourage children to bring in their own named water bottle.
* In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another. Although we will make every reasonable effort, we cannot guarantee that a child will not come into contact with a nut or nut products. We will seat a child with such an allergy near a child that does not have nuts or peanut butter in their lunch box.
* Children are encouraged to wash and dry their own hands before and after meals.

*Packed lunches*

We will:

* We do not cook lunch for children
* It is up to the parent/s/carer/s to ensure that ice packs are in lunch boxes
* We encourage the children to close to open and close their own lunch box and provide help to those who find this difficult
* inform parents of our policy on healthy eating
* encourage parents to provide sandwiches with a healthy filling, fruit, and milk based or substitute milk with desserts, such as yoghurt.
* discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. The child’s keyworker will discuss healthy eating with the parent/s/carer/s and seek to work together in order to improve on the quality of the child’s lunch.

**Legal framework**

* Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

**Busy Fingers comply with The Foods Standards Agency Requirements. Our rating is 5 stars as of October 2019.**

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| This policy was adopted by |  | *(name of provider)* |
| On |  | *(date)* |
| Date to be reviewed |  | *(date)* |
| Signed on behalf of the provider |  | |
| Name of signatory |  | |
| Role of signatory (e.g. chair, director or owner) |  | |