



STANDARD 6 – HEALTH

EYFS Key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

Standard 6.8 Food and drink

This setting regards snack times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We aim to offer varied, nutritious snacks which are chosen to reflect cultural and religious backgrounds of the children attending. We ask parents to bring in a vegetable or piece of fruit in each day.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies, which are recorded in her/his contact details.
- We promote healthy eating. At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - 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 ask parents to bring in a variety of foods: Apples, grapes, pineapple, bread sticks, carrots etc. And we try to provide a variety of food from the four main food groups.
 - 1) Meat, fish and protein alternatives
 - 2) Dairy
 - 3) Grains, cereals and starch vegetables
 - 4) Fruit and vegetables
- We provide children with a range of cultural foods during cooking activities.
- 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, giving children 20 – 30 minutes to enjoy meals and snacks, in a designated area where children can sit and eat without distraction.
- We always have at least one adult or staff member sit and eat with the children at snack and meal time.
- All staff model healthy eating habits.
- We DO NOT provide foods containing nuts or nut products and are especially vigilant where a child with a known nut allergy is present in session.
- Before any food or drink is prepared, hands are washed by the preparer



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- We teach the children about healthy nutrition daily.
- We use snack times to help children to develop independence and social skills through making choices, serving food and drink and feeding themselves, and talking with their peers.
- 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.
- Food and drink are stored appropriately at the setting. Vegetables and fruit are washed prior to use.
- We have fresh drinking water constantly available for the children.
- We inform the children about how to obtain the water and they can ask for water at any time during the day.
- 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.
- Cakes i.e. birthday cakes being bought in from home- they must not be shared at Preschool if parents wish to bring one in, it must be shop bought and in its original packaging, including ingredients, or it may be divided and bagged up, and sent home for the parents to make their own decisions on giving it to their child
- Withholding food will not be used as a form of punishment
- Children will be encouraged to play outside each day to ensure they have an opportunity to be exposed to sunlight to help their young bodies produce vitamin D.
- Children are encouraged to wash their hands before consuming any food or drink.
- Children are not permitted to walk about with food and/or drinks.
- Adults do not carry about or leave within the reach of children, any hot drinks or unauthorised food.

Lunch club/food provided by parents

- We provide a lunch club from 12:30pm to 2:45pm on a Monday, Tuesday and Thursday. Lunch club is supervised on a 1:6 staff to child ratio. (3 years old and over). 1:4 (2-3-year olds)
- Children who stay for extended hours' lunch club will need to be provided with a healthy packed lunch in line with our food and nutrition policy.
- We ensure lunch bags are either refrigerated or contain an ice pack.
- We ensure staff sit with the children so that mealtime is seen as a social occasion.

Foods discouraged:

- Confectionary including sweets and chocolate.
- Cakes and biscuits are allowed as part of a healthy balanced meal.
- Crisps - alternatives could include vegetable or bread sticks, rice cakes or savoury crackers.
- Fizzy drinks
- Foods which are common allergens including nut based products such as peanut butter or peanuts.


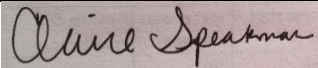

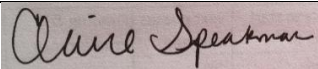

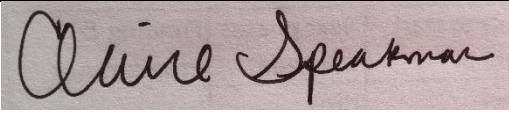
Procedures

- Staff will eat meals with the children to reinforce the social occasion of the event. Staff will help children open packets and drinks etc.
- Children are strongly encouraged to wash their hands before eating their lunch.



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- Children can attend a maximum of 3 lunch clubs per week.
- Parents/carers must be aware of food hygiene when preparing packed lunches or snacks. This includes checking dates for consumption of both dried and perishable foods, and correct storage of items when sent to preschool.
- Please cut grapes length ways to prevent choking!
- Please note: we are unable to heat packed lunch food so please ensure all foods provided do not require heating and can be eaten cold.

This policy was adopted by	Horsted Keynes Preschool
On	1 st October 2016
Reviewed 1 st Oct 2017	 
Reviewed 1 st Oct 2018	 
Reviewed 1 st Oct 2019	
Reviewed 1 st Oct 2020	
Reviewed 1 st Oct 2021	
Signed on behalf of the provider	
Name of signatory & Role of signatory	Clare Humphreys Manager
Countersigned by Chair of committee	
Name of Counter signatory	Claire Speakman