

Food, Drinks and Healthy Eating Policy and Procedure

(To be read and used with the health & hygiene policy)

It is the policy of Dare Valley Nature Kindergarten to promote a healthy lifestyle when providing food or food-related activities to children.

We do this by:

- Registering our premises with the local authority according to the Food Premises (Registration) Regulations Act 1991, Food Safety Act 1990 and Food Hygiene Amendment (Regulations 1990).
-
- Seeking advice from the Food Standards Agency where needed.
- Taking account of and learning from Food and Health Guidelines for Early Years and Childcare Settings (Welsh Assembly Government/Health Challenge Wales, March 2009)¹.
- Noting information about their child and family needs provided by parents/carers at admission.
- Involving parents/carers and children in the ongoing development and review of this policy.
- Displaying our weekly menus in advance.
- Encouraging parents/carers to make menu suggestions.
- Ensuring that we use an inclusive approach to meeting children's dietary/cultural/health and age and stage needs when providing food and food-related activities.
- Ensuring staff receive training about healthy eating and food safety.
- Offering nutritious foods at snack and meal times that meet the children's individual dietary needs.
- Providing fresh drinking water throughout each session.
- Serving full fat milk as a drink for children under two. A low-fat or semi-skimmed milk option is available at parents'/carers' request for children over two years of age who eat a varied diet.
- Supporting mothers to continue breast feeding at Ladybirds Parent & Toddler group.

¹ <http://wales.gov.uk/topics/health/improvement/index/guidelines/?lang=eng>

- Avoiding foods that contain high proportions of fat, sugar or salt and the use of foods containing additives, preservatives and colourings are minimised.
- Keeping parents/carers informed about what their child eats; their likes and dislikes as new tastes are developed.
- Encouraging children to try a range of food experiences and activities that broaden their taste and understanding of their own and other cultures, in addition to valuing and respecting other traditions.
- Ensuring that food that is part of a celebratory event is discussed in advance and continues to meet this policy and procedure.
- Encouraging children to access outdoor activities daily.
- Never using food as a form of punishment.
- Giving children the time they need to eat and drink.
- Using appropriate furniture, crockery and cutlery and serving food in ways that develop and encourage social skills.
- Ensuring adults sit with children at meal times and model and encourage social skills and behaviour.
- Ensuring that any food waste is disposed of in ways that care for our environment.

This **food, drinks and healthy eating** policy and procedure was passed for use in Dare Valley Nature Kindergarten

On:

By:

Position:

Date of planned review: (annually)

For more information on our next Outdoor Food Hygiene course please visit us at:

<http://igniteup.co.uk/events/outdoor-food-hygiene-course-cieh-level-2-award-in-food-safety-in-catering/>