



Barton St David Pre-School

Safeguarding

Food and Drink Policy

Barton St David Pre-School is a “Nut Aware” setting.

At Barton St David Pre-School we firmly believe that snack and meal-times are an important part of our day. Eating together, with adults, enables our children to develop good table manners, social skills and a healthy life- style contributing to their well-being. Meal times help develop a range of skills as the children are encouraged to make choices, understand good hygiene practices and become more independent.

At Pre-School we support the ethos that “healthy eating habits are instilled in children from a young age. A nutritious, balanced diet...is essential to a child’s long- term health and development, and good nutrition is also associated with improved learning and behaviour.” (Voluntary Food and Drink Guidelines for Early Years Settings.)

We acknowledge that the children in our care are growing quickly and have high energy and nutrient requirements for their size and we need to balance portion sizes alongside nutritional needs.

Safeguarding:- “the supervision of children whilst they are eating is important to help prevent choking and to detect signs of choking so rapid action can be taken if and when needed.”

(Early years Foundation Stage Framework – paragraph 3.29 .revised 2021.)

A member of staff with current, full, paediatric first aid certificate is always present whilst Pre-School is in session.

Our Safeguarding Lead is Laura Worth.

Our Food Safety Lead is Erica Dodge.

Procedures:

At Barton St David Pre-School we:-

* ask each parent /carer about their child’s dietary needs before they join our Pre-School. This includes any allergies, specific dietary requirements and food preferences. This information is recorded on our Registration form and signed by the parent/carers to signify this information is correct. (EYFS Framework -revised 2021. Para 3.47. and Para 3.48)

* regularly consult with parents /carers to ensure this information is updated and recorded.

Regulatory reviewing of this information is a statutory requirement.

* discuss current information about an individual child’s dietary requirements so that our staff are fully informed about them. We maintain a dietary and allergy checklist which is checked before each meal- time.

Children with allergies will have a current (up to date) allergy plan and risk assessment.

The plan will detail any signs and symptoms of an adverse reaction to an allergen -AND the required response by staff at Pre-School. This plan must be signed by the parent/carer and dated.

This plan will ensure that risks are identified, procedures and actions to minimise these risks are agreed and parents/carers are very clear about exactly what Pre-School staff CAN and CANNOT do. (Herts For Learning -2017.)

* ask parents/carers about any dietary rules which they follow as a family linked to their cultural background or religious beliefs. This information is also recorded. Our staff will discuss this in detail with the parent/carer.

* ascertain whether a parent/carer wishes their child to be offered vegan or vegetarian food. Again, this information will be discussed in further detail with the parent/carer.

* implement systems to ensure that children only receive food and drink consistent with their dietary needs, preferences or parent/carer wishes. (EYFS Framework -revised 2021. Para 3.48)

* provide foods which are nutritious and do not contain large quantities of fat, sugar, salt, additives, preservatives or colourings.

* gently try to encourage children to try new foods (within the parameters set by their parent/carer) without making a judgement if they choose not to do this.

* do not knowingly offer foods which contain nuts, including peanut butter.

* are sensitive in providing for children who need specific diets or who have allergies. We never make a child feel singled out for these reasons.

* organise meal and snack times so that everyone sits and eats together ensuring it is a social time for both children and adults.

* know “fresh drinking water must be available and accessible to children at all times”

(EYFS Framework – revised 2021. Para:3.48)

* work with our parents/carers to ensure they are fully informed about what constitutes a healthy packed lunch.

We suggest at least one portion of fruit and one portion of vegetable.

A source of non-dairy protein such as meat or fish OR appropriate vegetarian /vegan alternative.

A starchy food- to include one of the following - bread /pasta /rice /couscous /noodles /potatoes /a cereal.

A dairy food to include one of the following- milk /cheese / yogurt / fromage frais /custard / vegan or vegetarian alternatives suitable for young children.

Water or milk.

* carefully discourage parents from including highly processed food such as cheese strings/ salted foods/ sweets / biscuits / fizzy drinks or concentrated juice (for example). If necessary, a member of staff will meet with a parent to discuss this.

* explain how a parent /carer can pack their child's lunch -clearly named box, which their child can open independently, ideally an insulated variety and include a small, lunch box size freezer block especially during hot weather.

We never allow our children to share or swap food with each other.

Our children always sit at a table to eat and there is always an adult present. We make this an enjoyable social occasion.

* provide guidance in our prospectus about how our setting approaches snack and lunchtimes.

Food hygiene and safety

Following current guidelines our setting has "an area which is adequately equipped to provide healthy...snacks and drinks for the children as necessary. There (are) suitable facilities for the hygienic preparation of food for children. (EYFS Framework Revised 2021 Para. 3.49)

Our staff understand the need for hygiene and safety in food preparation and consider this of utmost importance. Our Covid 19 cleaning protocols, which are written, clearly detail how surfaces, include those for preparing food, are kept clean.

Our staff and the children in our care have an excellent, well established routine around handwashing and understand the reasons for this. All children will wash their hands before they sit down to eat. All tables used for eating will be cleaned before being used for this purpose.

Our setting is registered with Somerset Environmental Health and received a five- star rating at the last inspection.

Food safety: Round foods such as grapes and cherry tomatoes are always cut lengthwise then in quarters to prevent choking. Parents/carers are fully informed about this directive and the reasons for it when adding these items to their child's lunch box.

All staff supporting a child with an allergy to a specific food /food group will be aware of the allergy and the agreed procedures.

Menus

Staff at Barton St David Pre-School work hard to ensure that the food we offer to the children at snack and breakfast time is appropriate for the nutritional needs of young children and ensures that there is variety of taste, texture, colour, flavour and that dietary needs are met.

Menus are planned weekly and rotated so that a child who attends one day per week (for example) does not receive the same food each time.

Staff understand that mid- morning and afternoon snacks constitute roughly 10% (each) of a young child's daily dietary requirement.

Breakfast should constitute 20% of the daily requirement.

We believe that a healthy breakfast contributes to a positive start to the day. Breakfast at our setting will include a variety of the following foods:- cereal, toast, yogurt, fromage frais, fruit, milk or water.

(Barton St David Pre-School is a “Nut Aware” setting. It is extremely difficult to ensure a setting is totally nut free, especially as the children bring their own packed lunch. There are some professionals who suggest that stating a setting is nut free can encourage a sense of complacency. Our food and drink policy is an “active” policy where staff are always vigilant about the type of foods we offer the children and the ingredients they contain.

Supportive documents:- Eat better, start better – Foundation Years - from the Children's Food Trust. Excellent information around menus, planning, portions and so on.

A practical guide to Food safety and Nutrition for Early Years and Childcare Settings

(Somerset County Council) Again, an excellent document around all aspects of food in early years settings including health and safety, nutrition, risk assessments and so on.

References:

EYFS Framework – revised 2021.

EU regulation 852/2004

Voluntary Code for Food and Drink in Early Years Settings.

School Food Trust Code of Practice