



The Play Den

9 Safeguarding and Welfare Requirements

FOOD AND DRINK

This setting regards snack and meal 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 promote healthy eating using various resources such as using a visual snack chart and sign-along. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary requirements. Occasionally we have cake as a treat when it's someone's birthday.

We offer breakfast, a two-course hot lunch (cooked on site) and a two-course light tea for our children. We accommodate all dietary needs including vegetarian and gluten free meals. We also provide formula milk for babies. Upon induction, we take details of any dietary requirements, allergies or food preferences. We also provide parents with a helpful leaflet that promotes healthy eating and offers ideas, should parents wish to provide their own food. Fresh drinking water is available at all times and milk is also provided. We do not provide or allow any other drinks with the exception of fruit juices or smoothies in children's lunch boxes (those that count as one of 5 a day). We do

not add sugar to sweeten foods and suggest adding raisins or banana to naturally sweeten breakfast cereals. We request you support our health eating policy by not providing unnecessary sweeteners (such as sugar), sweets, chocolate bars or unhealthy items. This is to encourage healthy teeth and gums. Additionally, we provide every child who attends our setting with a named toothbrush and we encourage your child to clean their teeth following meal times **(Safeguarding and Welfare 3)**

If you would like some ideas about healthy options, please speak to the duty manager who will be happy to provide ideas or for lunch box food suggestions or visit: <http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx>

We provide a variety of snacks:

- Fruit including pineapple, kiwi, plumbs
- Cheese and crackers
- Houmous and cucumber/carrot sticks

Food is prepared in the kitchen and staff preparing or handling any food have completed Food Hygiene Training. Children aged over 2 years are encouraged to cut fruit or vegetables and spread coverings, closely supervised by adults. They also pour their own drinks at eating times. Aprons are worn by adults to prevent cross-contamination. Sterilisation equipment is available for babies under one year old. **(Safeguarding and Welfare 3)**

All lunch boxes provided from home are stored on a shelf in the room, in accordance with food safety practices.

In the event of food poisoning affecting two or more children, Ofsted would be notified as soon as possible (but within 14 days of the incident).

(Safeguarding and Welfare 3)

This policy was produced on 22/10/12 and last updated on 11/4/19