**Policy statement**

**Our policy reflects the requirements of the EYFS 2024 - 3.55, 3.56, 3.57**

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. At snack and meal times, we aim to provide a balance of nutritious food, which meets the children's individual dietary needs. The weekly menu will provide the children in our care with a tasty, varied diet. All the children in our care will have suitable food made available for them. All staff will prepare and serve food in accordance to our Food Hygiene Policy.

**Procedures**

The weekly menu will be on display in advance on the parent notice board (inside) and on the web site. Recipes will be made available to parents.

**We follow these procedures to promote healthy eating in our setting.**

* Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. A specific allergy plan is in place to deal with any child having an allergic reaction. (See the Managing Children with Allergies policy.)
* On our website we have a nutrition page to give parent’s information regarding snack in the setting and Allergens advice.
* We record information about each child's dietary needs in her/his

registration record and parents sign the record to signify that it is correct.

* 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, (back of top cupboard door in the kitchen, during the hours that the pre-school is open).
* 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. Parents of children who are on special diets will be asked to provide as much information as possible about suitable foods and in some cases may be asked to provide some items of the food themselves.
* Portreath Pre-School actively promotes breast feeding by providing access to private areas for breast feeding if wished. If parents ask for support in this matter we are able to signpost parents to groups and agencies that can help, such as Redruth Bosom Buddies. Although we know that ‘breast is best’ we respect a parent’s decision to bottle feed.

***Packed lunches***

* We encourage parents to provide a well balanced lunchbox containing one food from each of the following categories; carbohydrates, protein, calcium, vegetables, fruit. Advice will be given to parents about suitable foods to bring from home. During home visits information is shared with parents about suitable contents of lunch boxes.
* We discourage sweet drinks and can provide children with water or milk.
* We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
* We will provide children, bringing packed lunches, with plates, cups and cutlery if needed.
* We will ensure staff will sit with the children, acting as a good role model, so that the mealtime is a social occasion.
* Milk and water will be served with morning and afternoon snacks.
* Soy milk drinks will only be given as a substitute for cow’s milk with parents’ agreement and then only those fortified with calcium should be given.
* Water will be available at all times, children drink out of open cups unless they find this difficult. We discourage any cup with a valve as this can affect a child’s teeth.
* Sweets and soft drinks will not be provided.
* Parents or guardians will be advised if their child is not eating well.
* Withholding food will not be used as a form of punishment.
* Children will be encouraged to develop good eating skills and table manners.

* Children will be served an appropriate portion size.

* We are very aware of choking hazards and cut foods into safe pieces (grapes, cherry tomatoes, etc).
* Children will be encouraged to play outside every day, weather permitting to ensure that they have an opportunity to be exposed to sunlight this helps their bodies to make vitamin D.
* We will use a positive approach and praise to encourage a child to try a food or eat a little more; we will never force a child to eat.
* All children are unique individuals, we will do our very best to provide a healthy alternative rather than let a child go hungry. We will work closely with parents upon this matter.
* As a setting we are part of Cornwall’s Healthy Under 5’s programme and are committed to promoting and championing the health and wellbeing of the children, families and staff within our setting.

**Legal framework**

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

**Further guidance**

**Eating Well For Under Fives Cornwall Council**

**Healthy Under 5’s programme – Cornwall Council**

* Safer Food, Better Business (Food Standards Agency 2008)

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| This policy was adopted at a meeting | Portreath Pre-School |  |
| Held on | 22.03.2019 |  |
| Last reviewed and amended | 24.06.24 |  |