





# The Little Meadow Group

## Food and Drink.

### Policy Statement.

This setting regards snack and meal times as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. Parents provide snack each day for the children but within the setting we will also provide snacks and cooking activities that promote the need for a healthy balanced diet. We will ensure everything we provide meets the children's individual dietary needs.

### 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

## Procedures

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

- Before a child starts to attend our setting, we find out from parents the child's dietary needs and preferences, including allergies.
- We record information about a 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 our records of the child's dietary needs- including any allergies are up to date. Parents sign the updated record to signify this is correct.
- We display current information about individual children's dietary needs so that staff and volunteers are fully informed of 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.
- Were the setting provides snacks we will inform parents and where possible will engage the children in the food preparation.



- Parents provide food for their child's snacks, We will encourage them to avoid large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
  - We include a variety of foods into cooking and bonus snack activities
    - Dairy foods;
    - Grains, cereals and starch vegetables;
    - Fruit and vegetables.
- We include food from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We take care to provide food not containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and researching by staff, we obtain information about the dietary rules of the religious groups, to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks and cooking ingredients.
- 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 them feel singled out because of his/ her diet or allergy.
- We organise snack times so they are social occasions in which children and staff participate.
- We use snack times to help children develop independence through making choices, independently opening and eating.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practise of their cultures.
- We have fresh drinking water and milk constantly available to the children. We inform children about how to obtain more drink when their bottles are empty and that they can access drinks at any time in the session. Where required we provide Soya milk or any alternative.
- In accordance with parents' wishes through holiday club and out of school club, we offer children arriving early in the morning- and/or staying late- an appropriate snack.
- We inform parents who provide food for their children at holiday club about the storage facilities of the setting.
- We give parents of holiday club children who provide food for their children information about suitable containers for food.
- 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 semi skimmed pasteurised milk,
- For children who are non dairy in conjunction with parents we provide an appropriate alternative, soya milk, cheese yoghurts.



## Holiday Club -Packed lunches

As a setting we do not provide cooked meals and children are required to bring packed lunches, we:

- Ensure perishable contents of packed lunches are refrigerated or kept in an ice pack to keep food cool.
- Inform parents of our policy on healthy eating
- Inform parents on whether we have facilities to microwave food brought from home
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based desserts such as yoghurt or crème fraiche where we can only provide cold food from home. We discourage sweet drinks and can provide children with water or dilute fresh fruit juice.
- Discourage packed lunch contents that largely consist of crisps, processed foods, sweet drinks and sweet products such as cakes and biscuits. We reserve the right to return these foods to a parent as a last resort.
- Provide children, bringing packed lunches, with plates, cups and cutlery.
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.
- On occasion we are made aware of children not eating breakfast before session. Studies and experience shows us that children who have not eaten often struggle with attention, mood and tiredness during session. For this reason as a setting we will during registration provide some toast for all the children in session as a treat, ensuring the child in question has access to extra toast as required. Key person will also talk with parents to see whether there is any support we can give.

Learning and Developing Allergy and intolerance to foods are significant health issues in the UK. Around 1-2% of adults and 5-8% of children in the UK have a food allergy, with up to 1 in 55 children having a peanut allergy. An estimated 1 in 100 people have coeliac disease, an autoimmune response to gluten proteins found in a number of cereals. In addition, some people need to avoid certain foods because of a food intolerance. There are up to ten recognised deaths from food allergies in the UK every year. We have a legal requirement to inform our parents/families and children of allergenic ingredients in any food or drink that we supply. An allergen is a substance that reacts with the body's immune system and causes an allergic reaction, for example nuts. Allergy Food allergy is an abnormal response to a food triggered by a body's immune system. There are several types of immune responses to food. The response may be mild, or in rare cases it can be associated with the severe and life-threatening reaction called anaphylaxis. When someone has an allergy, they can have many different physical reactions when they are exposed to allergens. The type of reaction and the severity of it depends on the individual and the severity of their allergy. Very small amounts of some allergens, such as nuts, can cause severe adverse reactions including potentially fatal anaphylactic shock. Food Intolerance Food intolerance is not so clear cut and although not life threatening, it can and often does, make the sufferer feel extremely unwell and can have a major impact on working and social life. Symptoms can affect different people in different ways but usually last for many hours or days depending on the symptoms. There are 14 major allergens which need to be declared when used as ingredients. The following list tells you what these allergens are and provides some examples of foods where they may be found: Celery This includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes. Cereals (containing gluten) This includes wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats. It is often found in foods containing flour, such as some baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and foods dusted with flour. The cereal will need to be declared. However, it is up to you if you want to declare the presence of gluten with this. Crustaceans This includes crabs, lobster, prawns and

scampi. It is often found in shrimp paste used in Thai curries or salads. Eggs This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg. Fish This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce. Page 2 of 8 Lupin Tickton Pre-school and Play Pals Food Allergies and Intolerances Policy This includes lupin seeds and flour and can be found in some types of bread, pastries and pasta. Milk This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces. Molluscs This includes mussels, land snails, squid and whelks. It is often found in oyster sauce or as an ingredient in fish stews. Mustard This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups. Nuts This includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. These can be found in breads, biscuits, crackers, desserts, ice cream, marzipan (almond paste), nut oils and sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries. Peanuts This can be found in biscuits, cakes, curries, desserts and sauces such as for satay. It is also found in groundnut oil and peanut flour. Sesame seeds This can be found in bread, breadsticks, houmous, sesame oil and tahini (sesame paste). Soya This can be found in beancurd, edamame beans, miso paste, textured soya protein, soya flour or tofu. It is often used in some desserts, ice cream, meat products, sauces and vegetarian products. Sulphur Dioxide This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables as well as in wine and beer. There are a few exceptions where an allergenic ingredient does not have to be declared e.g. wine and wine fining agents derived from egg and milk and found at a limit of detection (