



## Food and Drink Policy

June 2020

At YMCA Childcare we believe that mealtimes should be happy, social occasions for children and staff alike. We promote shared, enjoyable positive interactions at these times.

We are committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and requirements.

We have a named person and deputy in each setting who has the responsibility for issues concerning food and drink. We require this person to keep themselves up-to-date with legislation.

We will ensure that:

- A balanced and healthy breakfast, midday meal, tea and two daily snacks are provided for children attending a full day at the nursery
- Menus are planned in advance, rotated regularly and reflect cultural diversity and variation. These are displayed for children and parents to view
- All allergens are displayed with the menus to show the contents of each meal
- We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
- Through Parent Partnerships we devise menus that are as flexible as possible to all children in the setting
- Fresh drinking water is always available and accessible. It is frequently offered to children and babies and intake is monitored. In hot weather staff will encourage children to drink more water to keep them hydrated
- Individual dietary requirements are respected. We gather information from parents regarding their children's dietary needs, including any special dietary requirements, preferences and food allergies that a child has and any special health requirements, before a child starts or joins the setting. Where appropriate, we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child
- We give careful consideration to seating to avoid cross contamination of food from child to child. Where appropriate, an adult will sit with children during meals to ensure safety and minimise risks. Where appropriate, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods





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- Staff show sensitivity in providing for children's diets and allergies. They do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy
- Staff wishing to eat with the children must set a good example and show appropriate table manners. Meal and snack times are organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged
- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves
- Staff support children to make healthy choices and understand the need for healthy eating
- We provide foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones
- Cultural differences in eating habits are respected
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them
- We provide children with utensils which are appropriate for their ages and stages of development and which take into account their eating practices in their cultures
- We inform parents and carers who provide food for their children about suitable containers for food and the storage facilities available in the setting
- Any child who shows signs of distress at being faced with a meal he/she does not like will have his/her food removed without any fuss. They will be offered an alternative, however children are encouraged to try new foods. If a child does not finish his/her first course, he/she will still be given a helping of dessert
- Children not on special diets are encouraged to eat a small piece of everything
- Children are given time to eat at their own pace and not rushed
- Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes for babies and young children
- We promote positive attitudes to healthy eating through play opportunities and discussions
- YMCA Childcare provides parents with daily written records of feeding routines for all children under the age of two.
- No child is ever left alone when eating/drinking to minimise the risk of choking





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- We will sometimes celebrate special occasions such as birthdays with the occasional treat of foods such as cake, sweets or biscuits. These will be given at mealtimes to prevent tooth decay and not spoil the child's appetite. Where we have frequent birthdays and celebrations we consider other alternatives such as celebrating through smiles and praise, stickers and badges, choosing a favourite story, becoming a special helper, playing a party game, dancing and/or singing their favourite song
- We do allow parents to bring in cakes on special occasions. We ensure that all food brought in from parents meets the above and health and safety requirements and that it is sealed in its original packaging with a full list of ingredients and best before / use by date.
- All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years

In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the setting, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.

<b>Food and Drink Officer</b>	Setting:
Name:	Role:
<b>Food and Drink Deputy</b>	Setting:
Name:	Role:

<b>This policy was adopted on:</b>	<b>Signed on behalf of YMCA Childcare:</b>	<b>Date for review:</b>
17.06.2020	A.Spence	16.06.2021

