



## Food, Drinks and Healthy Eating Policy and Procedure

- We have a Food Hygiene Rating of 5
- The people in this setting with overall responsibility for nutrition are the Childcare Leads.

**It is the policy of Kinnerton Little Acorns to promote social skills and a healthy lifestyle when providing food or food-related activities to children.**

### **We do this by:**

- Registering our premises with the local authority according to the Food Premises (Registration) Regulations Act 1991, Food Safety Act 1990, The Food Hygiene ratings (Wales) Regulations 2013, The Food Hygiene (Wales) (Amendment) Regulations 2016 and Food Hygiene Amendment (Regulations 1990).
- Seeking advice from the Food Standards Agency where needed.
- Taking account of and learning from Food and Health Guidelines for Early Years and Childcare Settings (Welsh Government Best Practice Guidance: Food & Nutrition for Childcare Settings (2018)).
- Noting information about their child and family needs provided by parents at admission and agreeing an allergy plan as needed. Parents of children on special diets will be asked to provide as much information about suitable foods and drinks. In some cases, they may be asked to provide the food themselves. Up to date records will be kept, detailing specific children's dietary needs.
- Having an Allergen Analysis available on the current menu. Please ask the staff for more information.

<https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses>

- Involving parents and children in the ongoing development and review of this policy.
- Developing a varied menu on a three-week rota and displaying them in advance.

- Encouraging parents to make menu suggestions and sharing our recipes with parents on request.
- Ensuring that any food-based activities and play are carried out so that children are introduced to the concept of nutrition and physical activity linked with health.
- Ensuring children will have opportunities to be involved with activities and experiences where they make decisions about healthy food choices and trying new foods such as role play, tasting and feely games.
- Ensuring that we use an inclusive approach to meeting children's dietary/cultural (<https://www.publichealth.hscni.net/sites/default/files/FaithsPosterA2.pdf>) / health and age and stage needs when providing food and food-related activities.
- Encouraging children to play outside daily (*weather permitting*), to ensure they are exposed to daylight which helps their bodies make essential Vitamin D.
- Serving semi skimmed milk for children over 1 years, providing the child is eating a varied diet.
- Offering all drinks in a lidless or free flowing cup from 1 year of age.
- Making water jugs available on tables at all times and a drink of water available at snack times.
- Ensuring staff receive training about healthy eating and food safety which is updated within regulatory requirements.
- Offering nutritious foods at snack and mealtimes that meet the children's individual dietary needs. <https://gov.wales/food-and-nutrition-childcare-providers/snack-recipes>
- Providing fresh drinking water throughout the day which can be viewed on display in our club.
- Avoiding foods that contain high proportions of fat, sugar or salt and the use of foods containing additives, preservatives and colourings are minimised.
- Keeping parents informed about what their child eats along with their likes and dislikes as new tastes are developed.
- Encouraging children to try a range of food experiences and activities that broaden their taste and understanding of their own and other cultures in addition to valuing and respecting other traditions.

- Ensuring that food that is part of a celebratory event is discussed in advance and continues to meet this policy and procedure.
- Never using food as a form of punishment or reward.
- Giving children the time, they need to eat and drink and will be allowed to have dessert if they do not eat their main course.
- Encouraging children to set the table and prepare foods such as practising pouring, spreading and chopping skills.
- Offering breakfast to children who do not receive breakfast at home when they arrive for Breakfast Club.
- Ensuring adults are available to monitor children at mealtimes and to model and encourage social skills and behaviour.
- Using appropriate furniture, crockery and cutlery and serving food in ways that develop and encourage social skills.
- Ensuring all children have their hands washed (with liquid soap and running water) before and after snack time and all staff wash their hands before preparing food and helping children to eat.
- Cleaning tables with a sanitizer spray before and after snacks.
- Checking and recording fridge temperatures daily.
- Ensuring that any food waste is disposed of in ways that care for our environment.
- On special occasions, such as birthdays, where a birthday cake is brought in from home, this should be shop bought, boxed and sealed and each child will have a portion sent home with them.
- Children will be given drinks in a lidless cup.

<b>This Food, Drinks and Healthy Eating Policy and Procedure was passed for use in Kinnerton Little Acorns</b>	
On: 17 <sup>th</sup> July 2024	
By: Kayleigh Ho	Position: Administrative Manager
Date of planned review: 17 <sup>th</sup> July 2025	