

Food and Drink

EYFS overarching legal requirement:

“The provider must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill”

Every Child Matters Outcome Being Healthy

EYFS Requirement Safeguarding and Promoting Children’s Welfare

EYFS Principle into Practice: A Unique Child
- **Health and Well Being (card 1.4)**

This policy applies to

1. Early Years Register (EYR)

This policy is not a requirement of The Childcare Register (CR), however it is highly recommended that a policy is written to ensure that you provide a consistent message to all parents about the quality service provided.

Policy

A policy is a description of the setting’s aims / commitment. Consider the following information when detailing your policy,

- The setting’s commitment to providing healthy, nutritious and balanced foods for children.
- The setting’s intention to have food prepared by people who are appropriate and competent to do so, and also have due regard to their obligations under food hygiene legislation.
- Setting’s commitment to meeting individual needs and parental / child requirements; including cultural and religious diversity and protecting those with food allergies.

Procedure

A procedure is a description of the way in which a setting goes about a particular activity or process. Consider the following information when detailing your procedures,

- Think about including sample menus in this policy and displaying information about healthy foods
- Obtaining consent/ dietary requirements
- What recording systems will you use to determine individual dietary requirements for children? Admissions forms / dietary requirement forms could be used. State where staff can find these and who needs to sign them.
- State how staff will be made aware of different dietary requirements whether they be for cultural purposes or due to allergies - where is the information stored? Who is responsible for checking?

Safe Food Preparation

- Links back to your hygiene and cleanliness policy and procedure.
- State who your qualified food hygiene people are and how you have ensured they are adequately trained - food hygiene courses attended and how you include food hygiene in your induction and training package for staff.
- Say where food will be stored and how it is prepared. How do you meet the recommendations of Environmental Health Department (EHD) with regards to refrigeration, preparation and cooking areas? e.g. - all food for children's meals will have a separate refrigeration unit.
- If you use a school kitchen, state the agreed procedures for safe food preparation.
- State how staff will transport food to children safely.
- State your procedures in the event of a food poisoning issue affecting 2 or more children in the setting - Ofsted must be informed within 14 days. How would parents be notified?

- State how you would improve / seek advice from relevant agencies to avoid any further issues.

Healthy eating

- State how your setting will provide healthy meals, drinks and snacks - offering variety, low fat and low sugary foods, fruit and vegetables (as age appropriate).
- Are there any types of food you will not provide? Why?
- State how you will provide fresh drinking water for all children at all times - where will it be available and how will children have access to it?
- Say how staff will encourage children to make healthy choices and understand about healthy eating - through activities and exploration of different foods and learning about how foods affect our bodies and so on.
- How children of different ages will be supported to independently access drinking water- positioning of water and the level of support required
- How will you deal with children who have difficulties with food - how will staff and parents work together to support children?
- How do you involve children to select healthy menus for the setting?
- How are the likes and dislikes of children are communicated effectively?

Cultural and Religious Diversity

- State how you will ensure that all requirements are met as far as possible.
- How will your setting introduce children to a variety of foods from different cultures (if agreed to by parents)?
- State how you will positively support children who have diverse requirements and how you will support all children to embrace and understand diversity

Packed Lunches

- State where it will be recorded that parents wish their children to have packed lunches
- How will you communicate to parents what can be stored safely in packed lunches and how it will be stored? (EHD and Food Safety Act will give more information about circumstances where packed lunches should be refrigerated and what types of food can be stored) Will you have information sheets for parents which includes information about appropriate and healthy food content?

Date created

Date updated

Links to other policies

- Working in Partnership with Parents, Carers and Agencies
- Health and Safety policy
- Staff Recruitment, Induction and Training (staff accessing food hygiene training etc)
- Hygiene and Cleanliness Policy
- Equal Opportunities/ Cultural Awareness Policies

For more information...

EYFS Statutory Framework page27

EYFS CD ROM

Food Standards Agency www.food.gov.uk

Additional duties under national legislation

Food Safety Act 1990

The General Food Regulations 2004

The Food Standards Act 1999

Ofsted are the registering, inspecting and enforcing body for childcare, and as such, they alone, have the final say on the suitability of persons, premises and the number of childcare places that can be offered therein. Therefore, any information provided by Children and Young Peoples Services (CYPS) should be used as a guide only