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[www.pelican-childcare.co.uk](http://www.pelican-childcare.co.uk)

# Policy on food and drink

## Policy Statement

This setting regards to snack and meal times as an important part of the daily routine. Eating represents a social time for children and adults and helps children learn about healthy eating. We promote healthy eating using resources and materials from The Henry programme (Healthy Exercise Nutrition for the Really Young). At snack time we aim to provide nutritious food, which meets the children's individual dietary needs.

## Procedures

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.
- We record information about each child's dietary needs in his/her registration form and parents sign to record this is correct.
- We regular consult with parents to ensure that our records of their children's dietary needs – including any allergies – are up-to-date. Parents sign the updated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about 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.
- We plan snack and foods around the world in advance, involving children and parents in the planning.

- We display the menus of snacks for the information of parents.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of food from the four main food groups;  
Meat, fish and protein alternatives  
Dairy foods  
Grains, cereals and starch vegetables and  
Fruit and vegetables.
- We include foods 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 not to provide food 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 research reading 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.
- We provide a vegetarian alternative on days when meat or fish are offered and make every effort to ensure Halal meat or Kosher food is available for children who require it.
- 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 a child feel singled out because of his/her diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack time to help children to develop independence through making healthy choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that takes account of the eating practices in their culture.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain water and that they can independently access it any time of the day. If the child prefers juice to milk, parents are

encouraged to bring in reduced or no sugar squash which the staff administer minute quantities for the child to fill up their bottles with water.

- In accordance with parents' wishes, we offer children arriving early in the morning and staying late the appropriate meal or snack.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- We give parents 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.

## **Packed lunches**

At Pelican, we do not have the facilities to cook hot meals, so all children are required to bring packed lunches, we;

- Ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
- Inform parents of our policy on healthy eating;
- Inform parents of whether we have facilities to microwave cooked food brought from home;
- Encourage parents to provide sandwiches with healthy fillings, fruit and milk based deserts 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 to dilute their home brought sugar free squash or fruit juice.
- Discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort.
- Menus are provided to the parents introducing health packed lunch ideas and are given advice from The Children's Food Trust to encourage health eating.
- Provide children, bringing packed lunches with plates, cups and cutlery,
- Ensure staff sits with children to eat healthy snacks so that the mealtime is a social occasion.

## Legal Framework

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

## Further Guidance

- Safer Food, Better Business  
[www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/](http://www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/)
- EU Food Information for Consumer Regulation (EU FIC) (food Allergy regulations)

This policy was adopted at a meeting of The Board of Trustees at Pelican Children's Centre

Held on.....

Date to be reviewed.....

Signed on behalf of the board of trustees.....

Name of signatory.....

Role within the centre.....