

Thanet Early Years Project

Food and Drink Policy

Thanet Early Years Project acknowledges the importance of providing healthy and nutritious food and drinks for children in their settings.

- We work with parents/carers to ensure that all children's dietary needs are met:
- We aim to educate children to make healthy choices in their diet as part of promoting a healthy lifestyle for their future.

To achieve this, we:

1. Do not feed babies under 6 months solid foods (in accordance with the NHS Guidelines for 'feeding babies solids') unless this request is supported by a letter from either the family GP or Health Visitor.

For more information www.nhs.uk/start4life/weaning/what-to-feed-your-baby/around-6-months/

2. Ascertain children's dietary requirements prior to starting at a setting (this will include religious, cultural and medical considerations). Should a child have a diagnosed medical condition that is supported by a doctor's letter; TEYP will provide a Care Plan and endeavor to meet the child's needs where it is possible to do so in line with this policy.
3. Record this information on a registration form which parents/carers sign as correct. Ask parents to complete a Care Plan with their child's Key Person.
4. Consult termly with parents/carers to ensure that our records are up to date. Ask that parents/carers inform the setting as soon as a child's Care Plan changes. The care plan will be amended with any new information immediately and this will be shared with TEYP staff.
5. Give children a choice of healthy, nutritious food and talk about diet as part of the curriculum.
6. Comply with **The Food Information Regulation 2014** and identify and give parents information about the 14 allergens present in some of the foods and play resources provided by Thanet Early Years Project.

For more information www.food.gov.uk/sites/default/files/media/document/fir-guidance2014.pdf
<https://www.food.gov.uk/sites/default/files/media/document/loosefoodsleaflet.pdf>
<https://www.food.gov.uk/sites/default/files/media/document/food-allergen-labelling-technical-guidance.pdf>

<https://www.food.gov.uk>

7. Encourage parents/carers to read our procedures and to make any comments, complete care plans and inform TEYP if things change with the child's allergy or food and drink need.

Our practice

- We consider snack and mealtimes to be a social occasion for children and adults. Our settings operate both a fixed time refreshment period and a 'snack bar' system where children can enjoy their refreshment time within a limited period. Weaning babies will be offered finger foods based on parental advice.

- Adults and children sit together, and children are encouraged to help prepare food, to give out plates and cups to other children, to offer food and drinks and to make choices in selecting food and drinks.
- It is the responsibility of all adults working in the setting to be fully aware of each child's dietary requirements. Managers / Deputy Managers are required to ensure that staff members are kept informed and up to date. A list of requirements will be accessible to all staff out of public view.
- Our staff show sensitivity in providing for children's dietary requirements. Attention will not be drawn to any child in a way that may make the child feel uncomfortable.
- Where our childcare settings offer a packed lunch option, parents are asked to provide their child with a lunch that follows TEYP Healthy Packed Lunch Guidelines that are given to parents on induction to their setting. For lunch box ideas search www.nhs.uk/change4life/recipes/healthier-lunchboxes

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- TEYP ensures all children and babies are provided with access to fresh drinking water throughout the day, and this includes offering gentle reminders to children to take a drink and by having jugs and cups available for children to access at all times. In addition, very young children and those who have limited language, or those who are reluctant to ask for a drink, are offered drinks on a regular basis. Furthermore, following vigorous physical exercise and during hot weather, all children are encouraged to take extra fluids to ensure they remain hydrated.
- We are aware that water quenches thirst and does not spoil the appetite or damage teeth.

All children are offered milk (unless allergic) and water at ~~breakfast~~, snack and ~~teatime~~. TEYP do not provide fizzy drinks, juice or fruit squash because these types of drinks can erode the tooth enamel and contribute to tooth decay. Also, they provide little in the way of nutrients or benefits to children's good health.

We ensure that our snacks are healthy and nutritious. Snacks may include fruit, toast, cheese, vegetables, different breads. When snacks are provided, care is taken that the preparing and serving of food follows stringent guidelines for food safety and staff are appropriately trained.