

Lollipops

Every Child Matters

Food Policy

Updated 11th October 2014

Introduction

Lollipops are committed to giving all our children consistent messages about food and healthy eating. We teach the children about healthy foods, hygiene and food storage and encourage children to make healthy choices and to become independent in hygiene practises.

Rationale

We are a healthy setting it is important that we consider all elements of our work to ensure that we promote health awareness in all members of the setting community. We can provide a valuable role model to children and their families with regard to food and healthy eating patterns.

Through effective leadership, the setting ethos and the curriculum, all setting staff can bring together all elements of the setting day to create an environment which supports a healthy life style.

Aims and Objectives

To ensure that we are giving consistent messages about food and health

To give our children, staff and parents the information they need to make healthy choices

To promote health awareness

To involve parents/carers in all aspects of our healthy eating policies and procedures.

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We use lunch and snack time to help children develop independence through making choices, serving food and drink and feeding themselves.

Snack and lunch time

Children are asked to wash their hands before eating and this is promoted through use of a visual timetable,

Children are encouraged by praise at the food table for good manners and eating well. The children are encouraged to try the food which has been provided by their parents/carers.

The children are never forced but we try different strategies for the children to try the food. E.g. fruit is cut up into smaller pieces, crust is taken off their sandwiches, also fillings can be taken out of their sandwiches etc.

If the children regularly refuse to eat a member of staff will talk and work alongside the parents to help meet that child's individual needs.

Parents are also asked about dietary needs e.g. likes/ dislikes at lunch time, as well as allergy/dietary notes taken on registration forms.

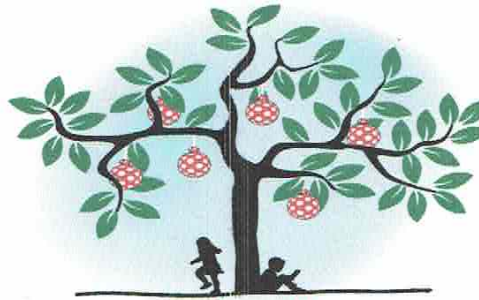
Children are seated with members of staff supervising and socialising, staff will also eat lunch with the children.

Children select their own lunch boxes from the trolley and are encouraged to help clear up and put their boxes back on the trolley at the end of lunch.

We provide advice for parents/carers if required, on healthy packed lunches including portion sizes, nutritional balance and different ideas for lunch boxes.

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Any food not eaten is put back into the lunch box, so that the parents know what their child has eaten.

We require parents/carers to put names on the children's lunch boxes and they must be clear.

Fizzy drinks are not permitted e.g. coke, lemonade. We discourage peanut butter in sandwiches to take account of any peanut allergies.

We will inform Ofsted, within 14 days of any cases of food poisoning affecting two or more children.

Where children provide sweets/cakes for other children (ie birthdays), these will be handed to the parent/carer at the end of the session, not the child.

Water

Cooled water is freely available throughout the setting day.

Reviewed annually

Signed by

Date

11/10/14

Role of signatory

MANAGER

Witnessed by

S. Mason

Date

11.10.2014.

Role of signatory

Deputy
Manager