

Food and Drink

Burwell Early Learners CIO (BEL) regards snack and meal times as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies.
- We consult with parents to ensure that our records of their children's dietary needs - including any allergies are up-to-date. We ask parents to complete and sign a health care plan
- 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 parent's wishes.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We provide allergen information upon request for any food or drink given on the premises.
- We organise lunch and snack times so they are social occasions in which children and adults participate.
- We use snack times to help children to develop independence through making 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 take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day. Children are able to bring in drinks bottles from home.
- 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 whole pasteurised milk.
- When children take part in cooking activities they
 - Are supervised at all times
 - Understand the importance of hand washing and simple hygiene rules
 - Are kept away from hot surfaces and hot water

- Do not have unsupervised access to electrical equipment, such as blenders etc

Snacks and Packed Lunches

We

- Ensure perishable contents of packed lunches are refrigerated
 - Encourage parents to provide a healthy snack and packed lunch.
 - Discourage sweet drinks and can provide children with water.
 - Ask Parents not to include chocolate bars and sweets.
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