



Food and Drink

Policy statement

At Little Gillies we regard snacks and mealtimes as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating using appropriate resources and materials. At snack and mealtimes, we aim to provide nutritious food which meets the individual child's dietary requirements.

Procedures

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

- Before a child starts in our setting, we are aware of any dietary needs and preferences including any allergies
- We record information about each child's dietary needs in our registration form and parents or carers sign the form to signify that is correct
- Regularly consult with parents or carers to ensure that our records of the children's dietary needs, including any allergies, are up to date. This is then signed by the parent or carer
- We display current information about the individual children's dietary needs so that all staff and volunteers are fully informed about them. These are in accordance with GPDR
- 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 for wishes
- 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 foods from the four main food groups
 - meat, fish, and protein alternatives
 - dairy foods
 - grains, cereals, and starch vegetables



- fruit and vegetables

- We include food from the diet of each of the children's cultural backgrounds providing children with familiar foods and introducing them to new ones
- Through discussion with parents and carers we obtain information about the dietary rules of the religious groups to which children and their parents belong and vegetarians and vegans as well as about food allergies
- We organise meal and snack times so that they are a social occasion in which children and staff participate
- We use meal and snack times to help children to develop independence by making choices serving food and drink and feeding themselves
- We provide children with utensils that are appropriate for the age of stage of development and take into account the eating practice 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 anytime during the day. Beakers are available for the children during the day in the baby room
- In order to protect children with food allergies we discourage children from sharing and swapping their food with one another
- For young children who drink milk we provide whole pasteurized milk, although we slowly introduce semi-skimmed milk from the age of 2 years into meals and dishes, such as on cereal or white sources before being offered as a drink so that the transition is gradual
- At Little Gillies we provide daily information to parents regarding feeding intake and preferences

Packed lunches

At the moment we do not offer a hot meal and parents are required to bring a hot meal

If a parent chooses to bring a packed lunch then they would be refrigerated and named. We inform parents of our policy on healthy eating. We encourage parents to provide sandwiches, fruit and milk based desserts. We discourage sweet drinks and chocolate. We would provide the children who have brought a packed lunch with



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plates, cups and cutlery and ensure that staff sit with them to eat their lunch so that the meal time is a social occasion.

All policies and procedures are implemented, reviewed and updated on an annual basis or in line with any changes to local and national guidance/legislation in conjunction with the registered person.

This policy was adopted at a meeting of Little Gillies

Held on.....

Date to reviewed

Signed on behalf of the provider.....

Name of signatory.....

Role of signatory.....

Reviewed by Sarah Beresford

Date August 2024