

PROMOTING HEALTH AND HYGIENE: FOOD AND DRINK

POLICY STATEMENT

Westwood Prep 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. At snack and meal times, we encourage parents to bring in nutritious food, which meets the children's individual dietary needs.

PROCEDURES

We follow these procedures to promote healthy eating at Westwood Prep:

- Before a child starts Westwood Prep, 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 her/his registration record and parents sign the record to signify that it is correct
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. Parents sign the up-dated 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 encourage parents to bring in nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We encourage parents to include a variety of foods from the four main food groups:
 - meat, fish and protein alternatives;
 - dairy foods;
 - grains, cereals and starch vegetables; and
 - fruit and vegetables.
- We encourage parents 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.
- We organise meal and snack times so that they are social occasions in which children and staff participate
- We use meal and 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
- 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.

PACKED LUNCHES

As we do not provide cooked meals, children are required to bring packed lunches, we:

- inform parents of our policy on healthy eating;
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based desserts such as yoghurt where we can only provide cold food from home. We discourage sweet drinks and can provide children with water;
- discourage packed lunch contents that consist largely of crisps, 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;
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion

We are unable to:

- provide children, bringing packed lunches, with plates, cups and cutlery.
- ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool.
- to microwave cooked food brought from home and reserve the right to return this food to the parent as a last resort.

MONITORING AND REVIEW

This policy will be available to all including to new parents as their children join the school. A hard copy of the policy will be available upon request.

The policy will be monitored and reviewed annually by the Senior Leadership Team.

Date approved by Board of Governors	Date of implementation	Date of next review
1 Sep 2018	1 Sep 2018	Sep 2019