



Policy Document

Policy Area: Healthy Eating and Food

Date: September 2016

Review: August 2017

Reviewed by: Esma Izzidien

Next Review date: August 2018

Statement

At Cardiff Montessori School, we regard snack and mealtimes as an important part of the day. Eating represents a social time for the children and helps them to learn about healthy eating. At snack and meal times we aim to provide nutritious food, aiming to meet each child's individual dietary needs.

Procedure

- Before a child starts in the setting, we will obtain, record and act on information from parents/ carers about a child's dietary requirements including any allergies. We will inform parents/ carers if we are unable to provide for their child's dietary requirements and will suggest alternatives, such as packed snacks.
- Parents/ carers are to provide a packed lunch for their children to eat in the setting. We will provide appropriate storage areas for the lunch boxes to be stored. We are not able to store lunch boxes in a refrigerator so parents are asked to ensure that they provide cool packs/ ice packs in their child's lunch boxes where appropriate.
- Before the handling of food stuffs and before and after mealtimes, adults and children will wash their hands using soap and warm water.
- Children will be encouraged to help set the table for mealtimes and to help clear away afterwards.
- At mealtimes, all children will be required to sit at the table using appropriate seating, according to their individual needs.
- Children will not walk about with food and drinks and they will be appropriately supervised at all times.



- Clean and age appropriate crockery and cutlery will be provided to enable the children to eat their lunch. All children will eat their lunch using a plate and cutlery.
- Children will be provided with healthy and nutritious snacks and drinks as appropriate and recommended by the Food Standards Agency literature and the Healthy Schools Guidelines.
- We encourage parents/ carers to provide healthy meals/ packed lunches for the children in our care. Chocolate, fizzy drinks, sweets, crisps, foods high in sugar and salt and food containing nuts and should not be provided. We also ask parents to try and avoid white bread if possible.
- After mealtimes all cutlery, crockery, placemats and tables will be wiped down using a two-stage cleaning process as recommended by Environmental Health guidance.
- Any food, with the exception of opened yoghurts and other such food, which a child does not eat from their packed lunch will be returned in their lunch box so that parents are able to see what their child has eaten that day.
- In the nursery, a written record will be given to parents/ carers each day of what snacks their child has eaten and how much they have eaten.
- Fresh drinking tap water will be available at all times. We ask parents not to provide any drinks / bottles as children are encouraged to pour their own water.
- As a provider of meals and snacks, we are aware of our responsibilities under food hygiene legislation. This includes registration with the relevant Local Authority Environmental Health Department. Our premises are inspected by a EH food safety officer.
- Toilet changing facilities will not be near food preparation areas.
- Laundry will not be carried out during times of food preparation and any soiled items or detergents will not come into contact with food preparation areas.
- Hot drinks are not permitted in the classrooms or areas which children use. Staff have access to hot drinks in the staff room and office only.
- We do not use food as a reward for encouraging positive behaviour.
- If there is an outbreak of food poisoning affecting two or more children on the premises, we will notify Environmental Health straight away and contact CSSIW within 14 days of the incident occurring.



- We will keep all food receipts, including those under £10, so that if there is an outbreak of food poisoning on the premises we will be able to trace the outlet where the food was purchased.

Guidance on Providing a Healthy Packed Lunch

There are currently no government regulations regarding the contents of children's packed lunches. The Children's Food Trust provides guidance on what should be included in lunch boxes to ensure a balanced and healthy diet:

1. Starchy food such as bread, potatoes, rice and pasta – whole wheat varieties provide the best source of slow release energy for a child through the afternoon.
2. Fruit and Vegetables – these foods provide vitamins and minerals to help protect against illness.
3. Meat, fish, eggs, beans and other non-dairy sources of protein – these foods provide protein, iron and zinc to help your child grow.
4. Milk and dairy foods – these foods are a good source of calcium, for strong bones and teeth.
5. Food and drinks high in saturated fat, sugar and salt – try to limit these types of food and drink. Too much salt, sugar and saturated fat can increase the risk of some illnesses in later life, while too much sugar can damage children's teeth.

An information sheet by 'The Children's Trust', can be provided to parents for some ideas of what to provide in a lunch box.

We ask parents to ensure that if they pack grapes or other small food items in their child's lunch box, that these are sliced to reduce choking risks. We ask parents please do not pack nuts in your child's lunch box. At present, parents are free to use nut butters in their child's lunch. However, in the event of a child at CMS having a severe nut allergy where this may pose a risk to them your class teacher will advise you if this is no longer possible.

Agreed by: Director, Esmá Izzidien