**Food and Drink Policy and Procedure**

“Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.” EYFS 2017 (3.47)

Mealtimes should be a happy, social occasion for children, with positive interactions shared and enjoyed. Smart Steps is committed to offering children healthy, nutritious and balanced meals and snacks which meet their individual needs and requirements.

To meet the requirements of the Early Years Foundation Stage, Smart Steps will:

* Obtain information about any special dietary requirements, preferences and food allergies that your child has, and any special health requirements, before the child starts at our setting.
* Make sure fresh drinking water is always available and accessible. Promoting children’s independence where possible.
* Record and act on information from you about your child's dietary needs.
* Make available menus and information about the food and drinks that we provide for your children.
* Notify Ofsted of any food poisoning affecting two or more children looked after on the premises within 14 days
* Ensure staff are paediatric first aid trained
* All allergies & preferences are on a board in each room, stating the child’s name, what the allergy/preference is. All staff are made aware of all children’s dietary requirements. This is reviewed and updated every 6 months.

**Smart steps will ensure that:**

* Daily care and routine promote the good health of children.
* Children are provided with meals, snacks and drinks that are healthy, balanced and nutritious.
* Children are NEVER unattended during mealtimes
* Children know the importance of a healthy diet for good health.
* Involve children in the preparation of food.
* plan varied menus for meals and snacks to include different tastes, colours and textures of food.
* Portion sizes will take account of the age of the children being catered for.
* We have a positive and welcoming eating environment to encourage children to eat well and develop good eating habits and social skills.
* The children and all staff wash hands before the preparation of food and eating.

**Foods that will not be served to under 5’s due to choking risks**

* Popcorn
* Ice cubes
* Boiled sweets
* Chewing gum and marshmallows
* Peanut butter
* Nuts
* Raisins and other dried fruit **(for children under 1 years of age)**