

## Healthy eating, food and drink policy

Approved: 27 February 2019

Reviewed: 2 September 2023

Review due: 2 September 2024

### Purpose

Children and young people's health is an integral part of their emotional, mental, social and spiritual wellbeing, and is supported by attention to these aspects. Diet is central to health and children's diet can be an important influence on their health now and in the future. Nutritional status can have immediate impact on the health of children and young people. A poor diet can contribute to anaemia, dental decay, obesity, susceptibility to illness and adversely affect general health.' (DfES, 2007)

The policy outlines how YMCA East Surrey highlights that snack and mealtimes are an important part of the session/day, and that eating represents a social time for children, young people and adults and helps children to learn about healthy eating.

This policy also outlines YMCA East Surrey's commitment to:

- ▶ Raising awareness of nutrition
- ▶ Encouraging and develop children's skills so they can make informed choices about food and drink
- ▶ Helping children develop positive attitudes to diet, health and oral health
- ▶ Developing healthy eating and drinking activities that can benefit children, young people, staff and parents/carers

### Responsibilities and monitoring

Monitor:	Head of Children & Young People
Approve:	Board of Management
Endorse:	Children & Young People Advisory Group
Propose:	CEO
Draft and review:	CYP Quality Manager

### Policy and procedure

YMCA East Surrey promotes healthy lifestyles and healthy eating through poster campaigns, structured activities and conversations with children.

Children and young people are offered a selection of fresh seasonal fruit and vegetables daily, fresh fruit and vegetable cooking is built into the activities.

Staff regularly consult with parents/carers to make sure that records of their children's dietary needs are up to date (see Admissions policy).

Staff are made aware about individual children's dietary needs at the beginning of each day. Staff supervise lunch time to make sure that children only get food and drink which is consistent with their dietary needs and their parents'/carers' wishes.

## **Food preparation**

Within all settings, we will from time to time cook with the children, young people and their families. When preparing food and drink with the children, staff will be mindful of the provisions of the hygiene, to ensure that the safety of staff and children is paramount. In addition to these provisions, staff will be careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.

Staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. All staff who either handle or prepare food have up to date Food Handling Certificates and are fully trained in food storage, preparation, cooking and food safety.

Ofsted must be informed within 14 days if two children suffer from food poisoning who are looked after at YMCA settings.

## **Dietary requirements and allergies**

Before the child starts at a YMCA setting, registration forms/personal care plans/starter pack forms are completed, which includes information about any special dietary requirements or allergies the child suffers from, along with their food and drink preferences. Allergy information will then be put on the allergy chart (readily available in all settings). The Manager/Coordinator and staff will ensure that food and drink offered to children takes account of this information to safeguard their health and meet as far as possible their preferences.

No child will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or reward.

## **Cultural and religious diversity**

All YMCA Children and Young People Services settings and its staff are committed to embracing the cultural and religious diversity of the families who use our services. The Manager/Coordinator and staff will work with parents/carers to ensure that any particular dietary requirements are met. YMCA East Surrey is also keen to help introduce children to different religious and cultural festivals and events through different types of food and drink. Parents/carers are also welcome to come in and share birthday celebrations and relevant festivals with the children.

## **Snack and meal times**

We plan snack menus in advance, involving children and parents/carers in the planning through face to face consultation questionnaires and evaluation. We display the menus of snacks on the parents' information board.

CYP Services provide healthy and nutritious snacks by avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.

Staff show sensitivity in providing for children's diets and allergies, staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of their diet or allergy.

We organise meal and snack times so that they are social occasions in which children and staff participate by sitting together. We use meal and snack times to help children develop independence through making choices, serving food and drink and feeding themselves, by

providing children with utensils which are appropriate for their ages and stages of development, and which take account of the eating practices in their cultures.

### **Packed lunches**

When providing children with a packed lunch, parent/carers are encouraged to keep them interesting and healthy. They are reminded that a third of a child's diet should be made up of starchy foods, such as bread, so sandwiches are a good choice. Furthermore, they are reminded that the key to a healthy lunch box is to include a balance of appropriate foods from the four main food groups:

- ▶ Bread and cereals
- ▶ Fruit and vegetables
- ▶ Meat (or alternative)
- ▶ Milk and dairy products (or alternatives)

We stipulate to parent/carers that where possible children should not have chocolate bars, sweets, cakes or fizzy drinks within their packed lunches – in order for YMCA East Surrey to promote and encourage healthy eating. Parent/carers are also asked to put familiar foods prepared in their usual way in the packed lunches, as introducing new foods to children should be avoided within YMCA settings.

Parent/carers are also reminded to include ice packs within their child's packed lunch, in order to keep the food cool. YMCA East Surrey takes no responsibility for any food related illnesses from packed lunches prepared outside of YMCA settings.

### **Nuts**

Parent/carers are reminded to send in no nuts or nut products into any YMCA CYP settings, this is to ensure we do not put any children who are allergic to nuts, and for those who are under the age of five years (as they pose a choking hazard).

### **Access to drinking water**

Children (and staff) always have access to drinking water throughout the day.

We make sure that fresh drinking water is constantly available for the children by providing water in beakers which are regularly filled. Children can independently serve themselves using their own water bottles/beakers provided by parents, or the jug and cups available. Staff consider factors that will affect how much children need to drink such as physical activity, temperature and so on and make sure they offer water to children frequently.

Parents are encouraged to provide a named water bottle. Group leaders check that the child's own water bottles are filled regularly.

Staff clean and fill these up at regular intervals, cups are used and are boiling washed. Staff make sure a clean cup is used each time by providing clean and dirty trays.

All children and young people are shown where the water is on their first day, water areas are sign posted, and through observation/monitoring we check that all children have sufficient drinks during the day.

### **Useful resources and websites**

Food Standards Agency: [www.food.gov.uk](http://www.food.gov.uk), [www.eatwell.gov.uk](http://www.eatwell.gov.uk)

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General information: [www.healthyschools.gov.uk](http://www.healthyschools.gov.uk)

Healthy Schools: [www.healthyschools.gov.uk](http://www.healthyschools.gov.uk)

Five a day (NHS site): [www.5aday.nhs.uk](http://www.5aday.nhs.uk)

Food Standards Agency: [www.food.gov.uk](http://www.food.gov.uk)

Department of Health: [www.dh.gov.uk](http://www.dh.gov.uk)