



## **Standard Operating Procedure**

### **DCS, MOD Schools Early Years Settings**

#### **Standard Operating Procedure (SOP): Food, Drink and Healthy Eating**

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Review annually or if any changes are made to support practice.

#### **1. Purpose**

To ensure all children are provided with healthy nutritional snacks relevant to their age and stage of development. Fresh drinking water must always be available and accessible. The setting actively promote healthy eating and lifestyles. This can be achieved by following the DfE guidance [Healthy eating guidance published for the early years sector - GOV.UK](https://www.gov.uk/guidance/healthy-eating-guidance-published-for-the-early-years-sector) ([www.gov.uk](https://www.gov.uk))

#### **2. Scope**

Provide nutritious food using fresh produce. The snack menu will be displayed within the setting and shared with parents. Parents thoughts and ideas are sought via parent questionnaires annually. Snack and meal times will encourage positive social and cultural interaction of children and staff. Children will use age appropriate utensils.

#### **3. Responsible Persons**

- Manager / Deputy Manager has overall responsibility to ensure the setting is promoting a healthy lifestyle as part of the core curriculum.
- All staff have a responsibility to ensure children are provided with healthy food based on the latest information available (Section 3, The safeguarding and welfare requirements, EYFS, 2021) (Public Health HSCNI)
- Manager / Deputy Manager is responsible to ensure snacks offered are healthy, age appropriate, meet the needs of individual children (dietary and cultural) and portion sizes are suitable for the age of the child. Staff are aware of allergies/food preferences when providing snacks. Allergy information is displayed in the snack room and kitchen.

#### **4. Responsibilities**



- Manager/Deputy to discuss with parents on child's entry to the setting individual dietary needs, any allergies and religious requirements
- Parents to provide information about individual children dietary needs on registration form
- Manager to ensure all staff are aware of dietary needs and that a Care Plan has been completed prior to the child starting at the setting.
- All ensure that children are offered food and snacks according to parents' wishes, cultural and medical requirements and individual needs.
- No nuts or nut products are allowed within the setting.
- Work with required agencies to ensure all requirements are met with regard to the handling and preparation of food.
- Staff follow guidelines of Safer Food Better Business
- Daily opening and closing checks will be carried out and recorded
- No honey or salt will be given or added to food for children under 12 months of age
- Manager must inform the Early Years Advisor of any confirmed cases of food poisoning. The EYA will contact the Station Environmental Health Department and DCS SO1 SHE to report the outbreak. If more than 2 cases are confirmed the Early Years Advisor will report to the Regulatory Body as soon as possible
- Breastfeeding will be actively supported ensuring mothers are made to feel welcome and are able to feed their baby in the setting. (See Baby Feeding SOP)
- Parent's may bring in breast milk in clearly labelled storage bags, these will be stored in the fridge. Two members of staff will check the breast milk is given to the relevant child. (See Baby Feeding SOP)
- Breast and formula milk will be prepared in a safe, hygienic area,