



Early learning and childcare

## **FOOD AND NUTRITION POLICY**

The Care Inspectorate's Health and Social Care Standards inform the standard of practice expected of Ferryfield's staff, when following this policy they are adhering to:

### **Standard 1: I experience high quality care and support that is right for me**

#### Dignity and respect

1.3 – If my independence, control and choice are restricted, this complies with relevant legislation and any restrictions are justified, kept to a minimum and carried out sensitively.

#### Responsive care and support

##### Assessing my care and support needs

1.15 – My personal plan is right for me because it sets out how my needs will be met, as well as my wishes and choices.

##### Experiencing my care and support

1.19 – My care and support meets my needs and is right for me.

1.23 – My needs, as agreed in my personal plan, are fully met, and my wishes and choices are respected.

#### Wellbeing

1.28 – I am supported to make informed lifestyle choices affecting my health and wellbeing, and I am helped to use relevant screening and healthcare services.

##### Eating and drinking

1.33 – I can choose suitably presented and healthy meals and snacks, including fresh fruit and vegetables, and participate in menu planning.

1.34 – If I need help with eating and drinking, this is carried out in a dignified way and my personal preferences are respected.

1.35 – I can enjoy unhurried snack and meal times in as relaxed an atmosphere as possible.

1.36 – If I wish, I can share snacks and meals alongside other people using and working in the service if appropriate.

1.37 – My meals and snacks meet my cultural and dietary needs, beliefs and preferences.

1.38 – If appropriate, I can choose to make my own meals, snacks and drinks, with support if I need it, and can choose to grow, cook and eat my own food where possible.

1.39 – I can drink fresh water at all times.

### **Standard 2: I am fully involved in all decisions about my care and support**

#### Dignity and respect

2.2 – I am empowered and enabled to be as independent and as in control of my life as I want and can be.

2.6 – I am as involved as I can be in agreeing and reviewing any restrictions to my independence, control and choice.

#### Compassion

2.8 – I am supported to communicate in a way that is right for me, at my own pace, by people who are sensitive to me and my needs.

#### Wellbeing

2.21 – I take part in daily routines, such as setting up activities and mealtimes, if this is what I want.

## **Standard 4: I have confidence in the organisation providing my care and support**

### Dignity and respect

4.2 – The organisations that support and care for me help tackle health and social inequalities.

### Responsive care and support

4.15 – I experience stability in my care and support from people who know my needs, choices and wishes, even if there are changes in the service or organisation.

## **Standard 5: I experience a high quality environment if the organisation provides the premises.**

### Compassion

5.5 – I experience a service that is right size for me.

### Be included

5.11 – I can independently access the parts of premises I use and the environment has been designed to promote this.

### Responsive care and support

5.16 – The premises have been adapted, equipped and furnished to meet my needs and wishes.

### Wellbeing

5.17 – My environment is secure and safe.

5.22 – I experience an environment that is well looked after with clean, tidy and well maintained premises, furnishings and equipment.

Ferryfield uses as its guidelines the NHS, Health Scotland publication 'Setting the Table; Nutritional guidance and food standards for early years childcare providers in Scotland'

Ferryfield does not provide meals for any children, however we do provide snacks and drinks at each session.

- Children are only provided milk and water as their choice of drinks.
  - i. Drinks are available at all times.
  - ii. Parents will not be permitted to bring in juice for their children.
    - a. This is to protect children with allergies
    - b. To encourage good oral hygiene
    - c. And to ensure all children have a healthy diet whilst at Ferryfield
- Experience has demonstrated that all children will drink either milk or water if they are thirsty and that is all they have to choose from.
- Parents are encouraged to allow Ferryfield to provide all drinks, both snack and at lunch time and take this opportunity to save money and to support the child to eat more healthy.
- Ferryfield will provide full fat milk for all children.
  - Whilst it is acceptable for children aged 2 to 5 to drink semi-skimmed milk, we are unable to monitor the nutritional content of every child's meals, therefore it is prudent for us to presume some children require the nutrients and calories that are found in full fat milk.
- The snacks offered by Ferryfield will be monitored to ensure they comply with the 'Setting the Table' guidelines – fruit and vegetables will be provided with a starchy food to ensure variety, a range of nutrients and adequate calories are provided.

- Snack choices will be varied across a month to ensure children that only attend a few days also experience a variety of snacks.

Children with additional needs

- Children's allergies, religious and dietary requirements will always be paramount when planning and providing snacks.
- Very young children are encouraged to have snack and a drink, during all sessions and those that stay all day are encouraged to eat and drink something from their lunch box; as staff are aware this age group needs to eat and drink regularly.

Lunch time

- Parents will be encouraged to provide healthy choices in their child's lunch box.
- At lunchtime children will be encouraged to eat their sandwich followed by their fruit, then dairy based products. Children are not encouraged to eat sweets or snacks; however they will not be prevented from doing so, if that is what is in their lunchbox.

All children are treated with individual concern and parents should speak to a staff member if they would like to discuss their child's diet or the contents of this policy.

To be included – children choosing own snack and healthy choices (alternatives). Evaluation?  
Using picture menus for children unable to speak

Adopted by the Committee .....

Date .....

August 2019