

Quality Improvement Framework

Section 9 – Healthy Living



Subsection: **Snack time / meal time**

Guidance Notes	Reflective Questions	Resources	Your Evidence
<p>Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.</p> <p>Before a child is admitted to the setting the provider must also obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements.</p> <p>Fresh drinking water must always be available and accessible.</p> <p>Providers must record and act on information from parents and carers about a child's dietary needs.</p> <p>(3.47- EYFS Statutory Framework 2017)</p> <p>Government funding is intended to cover the cost to deliver 15 or 30 hours a week, or free, high quality childcare. It is not intended to cover the cost of meals, consumables, additional hours or additional services.</p> <p>(3.22- FEEE Provider Agreement 2017)</p> <p>The provider can charge for meals and snacks as part of the free entitlement place. These charges must be voluntary for the parent. Where parents are unable or unwilling to pay for meals, providers who choose to offer the free entitlements are responsible for setting their own policy on how to respond, with options including waiving or reducing the cost of meals and snacks or allowing parents to supply their own meals.</p> <p>(3.23- FEEE Provider Agreement 2017)</p>	<ul style="list-style-type: none"> • Do you use a menu planning checklist to ensure that your provision for food and drink is healthy, balanced and nutritious? • Do you have a food policy in place? Does this include information on packed lunches which includes clear guidelines and suggestions for packed lunches? • Does your admissions policy include clear information on arrangements and costs for meals and snacks? Does this incorporate information for children taking up FEEE places? • Are opportunities available for children to grow food to eat? • Do you share menus for meals and snacks with parents? • Do children have access to fresh drinking water throughout the day? • What measures do you take when providing food and drinks for children with allergies, intolerances and other special dietary requirements? • How do you create the right environment for mealtimes? • Is there a relaxed environment free from distraction and background noise? • Does poor layout mean that children eating are distracted by children who have finished, or by 	<p>Q Cards:</p> <p>Healthy Diet Snack times Making meal times sociable Healthy Teeth</p> <p>Training:</p> <p>Eat Better Start Better - Good Nutrition for the under 5's Training & Award scheme</p> <p>Useful Links:</p> <p>Provider Agreement - Terms and conditions for the provision of Funded Early Education Entitlement places</p> <p>Nutrition Guide for Leicester-shire Healthy Tots</p> <p>Leicester Nutrition and Dietetic Service - Healthy eating advice for children</p> <p>Change 4 Life - Fun ideas to help your kids stay healthy</p> <p>Leicester's Food Plan</p> <p>Example menus for early years settings in England - GOV.UK</p> <p>Portion sizes for children 1-4 years: The infant and toddler forum</p> <p>Eat Better Start Better:</p> <p>Voluntary food and drink guidelines for Early Years settings in England</p>	<p>Guidance note: Remember to date your evidence to allow you to revisit and review relevance.</p>

Guidance Notes	Reflective Questions	Resources	Your Evidence
<p>Practice Guidance: providers must be able to evidence that the FEED places delivered are completely free to the family, and that any additionality charged for is voluntary. For children that attend over lunch time there must be a way for the child to access a lunch without incurring a charge, such as being allowed to bring a packed lunch.</p> <p>Physical development involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.</p> <p>(1.5- EYFS Statutory Framework 2017)</p> <p>The amount of food that young children eat varies. Portion sizes should ensure that the energy and nutrient requirements of young children are met.</p> <p>(The infant & toddler forum)</p>	<p>adult's who are busy completing tasks?</p> <ul style="list-style-type: none"> • Are mealtimes planned well to avoid stressful set up and preparation time? • Are children involved in preparation and setting up of mealtimes? • Do staff encourage independence and choice? • Are children provided with opportunities to serve themselves? • Do staff eat with children and model appropriate eating behaviour and manners? • How do you ensure that children are not rushed and that slow eaters are supported? • Do meal times provide opportunities for sharing and social interactions? • If children bring packed lunches, how do you support parents in providing suitable and healthy food? • How do you accommodate the provision of different foods and ensure you continue to create the right environment for mealtimes? • Have you followed appropriate guidelines on portion sizes to support you in planning meals for children of different ages? • Have you taken part in the Eat, Better to Start Better- Good Nutrition for Under 5's Award? 	<p>Catering for special dietary requirements</p> <p>Producing and sharing allergen information</p> <p>Promoting and supporting healthy eating in Early Years settings</p> <p>Healthy packed lunches for Early Years</p> <p>Promoting and supporting healthy eating in Early Years</p>	