T: Health - Food and drink

What do I need to know?

- Legal framework - Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs
- EYFS statutory framework for group and school-based providers page 36, paragraphs 3.73
- Early Years Foundation Stage nutrition guidance and Food safety advice on choking hazards in settings - Foundation Years
- Food hygiene requirements
- Local district council's environmental health requirements
- Hand washing and infection control procedures.

Health - Food and drink (page 45 audit)	**Things to consider and discuss:**
Do you **ensure** where children are provided with meals, snacks and drinks they are healthy, balanced and nutritious?	• How do you ensure food and drink is healthy and nutritious (including pack-lunches)? • What guidance materials do you utilise for support? • Are you aware of appropriate portion sizes for different aged children? • How do you encourage healthy eating with parents and carers? How do you model and challenge this? • How do you allow children to have choices with their meals and, or snacks? • How do you help children to understand the importance of physical activity, of making healthy choices in relation to food and encourage them to talk about ways to keep healthy and safe? • How do you give children the opportunity to try different foods from around the world? How can you use this as an opportunity to link this to British Values and diversity? • How do you cater for breastfed babies & young children?

Health - Food and drink (page 45 audit)	Things to consider and discuss:
To understand how to meet this requirement do you **ensure** you have regard to the 'Early Years Foundation Stage nutrition guidance'?	• How do you make sure your premises are adequately equipped children of different ages to eat safely? For example: high-chairs; suitably sized tables and chairs etc. • How do children develop self-helps skills e.g. feeding self, serving food etc. during meals and snacks? • Do you have the most up to date version of this guidance material? • Who has read this information? How do you know any childminders or assistants you work with fully understand this information? • Do you have a nutrition policy? Who has written this? How often is it checked for accuracy and up updates it? • What reasons do you have to disregard this guidance materials? How do you risk-mitigate this if you have chosen not to adhere to the guidance? • Have parents seen this guidance?
Do you **ensure** fresh drinking water is always available and accessible to children at all times?	• Are all children accessing fresh drinking water throughout the day? How do you know? • How do you ensure water is accessible to all children, e.g. named water bottles, jug of water and, or cups with a place to put used items?

Health - Safer eating (page 45-49 of audit)	Things to consider and discuss:
Do you **make sure** whilst children are eating there is always a member of staff in the room with a valid paediatric first aid certificate for a full course consistent with the criteria set out in Annex A?	• How do you ensure that PFA certificates are in date to ensure that there is a qualified person in the room whilst children are eating? • What happens if this person is absent?
Do you **ensure** you obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements before a child is admitted to the setting?	• How do you ensure that all staff and volunteers are aware of all children who have allergies or specific dietary requirements? Is this information on display or hidden? (consider data protection) • How do you record and share information on the 14 allergens that your food and snacks may contain? • How do you take into account children's cultures when preparing food in the setting? • Are all staff aware of the actions to take in the event of an incident regarding food and drink? How do you know? Has the first aider had specific training, for example if a child has a severe allergic reaction and requires medication to be given?
Do you **ensure t**his information is shared with all staff involved in the preparing and handling of food?	• How is this information shared? • What would happen if the person usually responsible for preparing food was absent? How do you ensure all staff understand this information? • What training has been accessed by the people responsible for preparing food?

Health - Safer eating (page 45-49 of audit)	Things to consider and discuss:
Do you **ensure** at each mealtime and snack time that it is clear who is responsible for checking that the food and drink being provided meets all the requirements for each child?	• How is this information shared with all staff and volunteers you work with? How do you ensure this information is up to date? • How often is this information reviewed? • How is this information shared with temporary staff including cover staff and, or volunteers? • How are all staff and volunteers you work with, who are responsible for • preparing food and drink, ensuring that this meets each child's individual needs? • How have you worked with parents to gather this information? How do you ensure this information is up to date?
Do you **ensure** there are ongoing discussions with parents and/or carers and, where appropriate, health professionals to develop allergy action plans for managing any known allergies and intolerances?	• How often are conversations held with parents? How often is "on-going"? • How can parents share updates with regards to any changes to known allergies or intolerances? • How do you share information with parents and other health professionals?
Do you **ensure** this information must be kept up to date and shared with all staff?	• How do you share updates and changes with all staff and volunteers you work with?
Do you **make sure** you refer to the British Society for Allergy and Clinical Immunology (BSACI) allergy action plan: BSACI Allergy Action Plan 2018 NoAAI2981-2.pdf?	• If you have created an action plan, how often is this reviewed? Who is this shared with? • Who is responsible for writing this action plan? • Where is this information stored?

Health - Safer eating **(page 45-49 of audit)**	**Things to consider and discuss:**
Do you **ensure** all staff are aware of: • the symptoms and treatments for allergies and anaphylaxis • the differences between allergies and intolerances • children can develop allergies at any time (especially during the introduction of solid foods which is sometimes called complementary feeding or weaning)	• How are all staff and volunteers you work with supported to be aware of symptoms and treatments for allergies and anaphylaxis? How often is this information updated and refreshed? • How do you know the difference between intolerances and allergies? • What do all staff and volunteers you work with know about complementary feeding or weaning? How accurate is this knowledge and does it include the most recent information?
Do you **make sure** you have referred to the NHS advice on food allergies: Food allergy - NHS (www.nhs.uk) and treatment of anaphylaxis: Anaphylaxis - NHS (www.nhs.uk).	• Have you read this information? How do you share this information with all staff and volunteers you work with?
Do you **ensure** you hold ongoing discussions with parents and, or carers about the stage their child is at in regard to introducing solid foods, including to understand the textures the child is familiar with?	• What does "on-going" mean in your setting? • How do you keep a record of the stage each child is at in regard to introducing solid foods, including understanding the textures the child is familiar with?
Do you **ensure** assumptions are not made based on age?	• How do you challenge assumptions?
Do you **ensure** food is prepared in a suitable way for each child's individual developmental needs, working with parents and, or carers to help children move on to the next stage at a pace right for the child?	• How are all staff and volunteers you work with, who are responsible for • preparing food, ensuring that food meets each child's individual needs? • How have you worked with parents to gather this information? How do you ensure this information is up to date? • How do you work with and support families who are moving onto the next stage? • Where do you seek this advice and support?

Health - Safer eating (page 45-49 of audit)	Things to consider and discuss:
Have you **made sure** you have referred to the NHS for advice: Weaning - Start for Life - NHS	• Have you read this information? How do you share this information with all staff and volunteers you work with? • When circumstances arise where you would not refer to this advice, can you justify why?
Do you **ensure** food is prepared in a way to prevent choking?	• How do you know that your food is prepared in a way which prevents choking? Which information have you used to support this? How do you know this information is factually correct and the most up to date? • How do you challenge all childminders, assistants and volunteers you work with who do not prepare food in a way which prevents choking?
Have you read guidance on food safety for young children: Help for early years providers: Food safety (education.gov.uk) which includes advice on food and drink to avoid, how to reduce the risk of choking and links to other useful resources for early years settings?	• Have you read this information? How do you share this information with all childminders, assistants and volunteers you work with?
Do you **make sure** babies and young children are seated safely in a highchair or appropriately sized low chair while eating? Do you **make sure,** where possible, there is a designated eating space where distractions are minimised?	• What does 'appropriately seated' mean? • How do you know that the low sized chair is suitable? • How do you minimise distractions? • How do you know your designated eating space is suitable? What risk assessments have you completed to ensure this? • What do you need to consider if you are eating somewhere different e.g. outside?

Health - Safer eating **(page 45-49 of audit)**	**Things to consider and discuss:**
Do you **ensure** children are always within sight and hearing of a member of staff whilst eating?	• How do you make sure you have adequate staffing so that children are always within sight and hearing whilst eating? • How do you effectively deploy all childminders, assistants, and volunteers you work with during mealtimes? • What would you do when all childminders, assistants, and volunteers you work with are absent?
Do you know that choking can be completely silent, therefore, it is important for providers to be alert to when a child may be starting to choke?	• what are the signs of choking? How can you minimise the risk of choking at mealtimes?
Do you **make sure,** where possible, you or an assistant are sat facing children whilst they eat, so they can: • make sure children are eating in a way to prevent choking • prevent food sharing • be aware of any unexpected allergic reactions?	• How do you organise your eating space so that children are facing an adult? • How can you support children during meal and snack times to prevent choking? • How do you support children to encourage them not to share food? • How do you spot signs of unexpected allergic reactions? Do you know what signs and symptoms to look for?
Do you **make sure** when a child experiences a choking incident that requires intervention, details of where and how the child choked are recorded?	• How is this information recorded? • Who has the responsibility to record this information? • Where is it stored? For how long is this information stored?
Do you **ensure** parents and, or carers are made aware of the choking incident?	• Who is responsible for sharing this information with parents? How do you share this information with parents if they do not collect the child in person at the end of the day e.g. go to out of school club, grandparents and, or extended family members? • What does 'periodically' mean for your setting? Who is responsible for reviewing these records?

Health - Safer eating (page 45-49 of audit)	Things to consider and discuss:
Do you **make sure** the records are reviewed periodically to identify if there are trends or common features of incidents that could be addressed to reduce the risk of choking?	• How do you identify trends or common features? • If you identify trends or common features, what do you do with this information? Who is this shared with?
Do you **make sure** appropriate action has been taken to address any identified concerns?	• After identifying concerns, how are these addressed? • Who is responsible for taking appropriate actions? Who agrees with the changes made? How are all childminders, assistants and volunteers you work with informed of any changes or actions taken?

Health - Food and drink facilities (page 49-50 audit)	Things to consider and discuss
Do you **ensure** there is an area which is adequately equipped to provide healthy meals, snacks and drinks for children as necessary?	• What equipment do you have? Is it adequate? Would additional equipment enable you to provide a greater range of healthy foods? • Are foods kept fresh and stored safely?
Do you **ensure** suitable facilities for the hygienic preparation of food for children, if necessary suitable sterilisation equipment for babies' food?	• How do you make sure your premises are adequately equipped for the safe preparation of food? • Do you have clear policies & procedures to follow in the event of food poisoning affecting two or more children cared for on the premises? How do you know they are effectively implemented?

Health - Food and drink facilities (page 49-50 audit)	Things to consider and discuss
Do you **ensure** that you or any assistants are confident that those responsible for preparing and handling food are competent to do so? If you are registered as Childcare on Domestic Premises, are you aware that you may wish to refer to the guidance issued by the Food Standards Agency: Safer food, better business for childminders - GOV.UK	• Do staff who handle food attend regular food safety training? How often is this? • How do you know this meets the requirements of your local district council's environmental health department? • How do you disseminate food safety information to your whole team? • How do you know food is always prepared hygienically? • Have you referred to this guidance?

Health - Food poisoning (page 50 audit)	Things to consider and discuss
Do you **ensure** you notify Ofsted or the childminder agency with which you are registered of any food poisoning affecting two or more children cared for on the premises?	• Do you have clear policies & procedures to follow in the event of food poisoning affecting two or more children cared for on the premises? What are these procedures? How do you know this is implemented?
Do you **ensure** notification is made as soon as is reasonably practicable, but in any event within 14 days of the incident? **Are you aware a registered provider, who, without reasonable excuse, fails to comply with this requirement commits an offence?**	• Who would carry out your duty to notify Ofsted or the childminder agency with which you are registered and the local Health Protection Agency of any relevant food poisoning? • How will you ensure this is done as soon as is reasonably practicable, but in any event within 14 days of the incident? • Are you familiar with the current procedures on how to notify Ofsted or the • childminder agency with which you are registered and the local Health Protection Agency?

Useful links and further help

Report a serious childcare incident
How to wash your hands
First steps nutrition good food choices and portion sizes for 1 – 4 year olds
Food safety advice on choking hazards in settings - Foundation Years
NHS Eatwell Guide
Change4Life
Childhood obesity: applying All Our Health
Healthy diet recommendations - British Nutrition Foundation
Eat Better, Start Better | From pregnancy to children aged 5
Healthy eating and safe food preparation | From pregnancy to children aged 5
Health Protection in schools and other childcare facilities
Food Standards Agency
Safer food, better business for caterers
Safer food better business for childminders
Allergen guidance for food businesses
Derbyshire community nursing

Derbyshire SchoolsNet - Early Years Team
Derbyshire Early Years Service - Eventbrite
Contact us by Email: CS.EYS@derbyshire.gov.uk