

Statement/Aims: At Birth and Beyond we encourage children to develop a positive attitude to food and healthy lifestyles. This is achieved through adopting a whole setting approach which encompasses children, their families and staff. 'Good health in the early years helps to safeguard health and wellbeing throughout life. It is important that children develop healthy habits when they first learn about food and activity' (Early Years Foundation Stage, DfES, 2008)

We are a Day care and Education provider in Abuja, Nigeria which is a governed state for the religious faith and belief of Islam. We are a multi-faith Centre representing and international community of Abuja, we provide snacks and meals to our children and staff and respect all individual wants, needs and beliefs.

Health and Safety

All staff members are trained via the safer foods better business, food agency standards For the UK and Ireland.

The Centre Kitchen is a clean and healthy environment, with fridge and freezer Temperatures checked daily, meats, and dairy produce stored and labelled safely. Meat temperatures are checked and recorded by the chef.

Introduction

This policy recognises that children under the age of 5 years have different nutritional needs to those of older children and adults. They have a high energy and nutrient requirement in relation to their size. Healthy eating messages aimed at adults are not wholly appropriate for children in early years. Early years is an important time to shape food preferences and habits, by allowing children to make their own selections through guided choice, this can have a positive impact on health in later life. This policy covers general nutrition guidance; children have individual needs which should be acknowledged. If parents/carers have any concerns they should discuss these with their Doctor, Parents and Staff. N.B. points identified with (EYFS) are linked to statutory requirements of the Early Years Foundation Stage which sets the legal requirements relating to learning, development and welfare of children from birth to five.

General

Those responsible for food preparation and handling of food must be competent to do so (EYFS) and will have the appropriate food hygiene/safety qualifications Information must be made available to parents/carers regarding food and drinks provided for the children (EYFS) e.g. Menus will be displayed for parents/carers to

Breakfast;

Breakfast cereals will be non-sugar coated varieties

If parents provide packed lunches or other foods from home, the centre will inform them about what can be transported and stored safely and about appropriate food content (EYFS)

Staff will be good role models for healthy eating

- Whole nuts will not be served due to risk of choking

Allergies/Food Preferences/Special Diets

The setting will obtain and record necessary information from parents/carers regarding any ethnic/cultural or special dietary requirements, preferences or food allergies in advance of the child being admitted to the Centre. This will be reviewed during attendance at the nursery (EYFS)

Nutrition

The setting will provide healthy, balanced and nutritious meals, snacks and drinks (EYFS)

Foods from the four main food groups will be offered every day (starchy carbohydrates, fruit and vegetables, milk and dairy foods and proteins*)

Main meals will include foods from the following food groups: starchy carbohydrates, protein, dairy and fruit and vegetables*

No salt will be added to foods and foods high in salt (e.g. gravy granules, stock cubes, ready-made sauces etc) will be used as little as possible. If these are used these will be the lowest salt variety available

Foods containing added sugar will be confined to meal times to reduce the risk of dental decay

Dairy foods include: milk, cheese and yoghurts- these provide a good source of calcium for healthy teeth and bones

Foods containing protein include: meats, fish, eggs, pulses and nuts (whole nuts will not be served due to risk of choking) – these are required for growth and repair

Meal Times

Staff will pro-actively involve children at meal times to create a social occasion which provides opportunities to promote children's social and educational development as well as encourage good eating habits and table manners. Fussy eaters will be encouraged (but not forced) to eat. Praise will be given when the child eats, food will be removed without judgement if the child refuses food.

If a child refuses the main course a portion of dessert will still be offered.

Children will be given as much time as they need to finish meals.

For more information read the Gina Ford organic food guides.

Snacks

Snacks will be offered between meals to ensure children receive appropriate levels of energy and nutrition, for example at mid morning and mid afternoon.

Snacks will be low in sugar - No dried fruit, biscuits, cakes or confectionary will be offered at snack time to reduce the risk of dental decay.

Suitable snacks include fresh fruit, natural yoghurt, vegetable sticks with dips, sandwiches, homemade pizzas, homemade potato wedges, savoury pancakes, couscous or rice salad, plain popcorn etc. For more information refer to the guidance produced by the Caroline Walker Trust detailed in the useful information section.

Drinks

Children will have access to drinking water at all times (EYFS).

Children under the age of 12 months will be given breast or formula milk and water.

Children aged 1-2 years of age will be given whole cows milk, those over the age of 2 years may be offered semi-skimmed milk – alternative of soya milk is available.

The only drinks provided throughout the day at any time other than with meals will be milk and water.

Diluted pure unsweetened fruit juice may be served with main meals (diluted to ½ water ½ juice).

Celebrations and Rewards

Children will be rewarded without the use of confectionary or other foods e.g. praising children, stickers, reward charts, certificates etc.

The setting will encourage staff to be innovative in the way birthdays and festivals are celebrated e.g. without the use of foods high in added sugar and salt.

Where birthday cakes are brought into the setting, they will take into account possible allergies/special diets of other children and will be eaten at meal times e.g. as a dessert or sent home with the child at the end of the day with parents/carers.

Parents/carers will be discouraged from bringing 'party bags' of confectionary into the setting.

Parents/carers will be consulted over appropriate ways to celebrate ethnic/cultural and religious occasions.

The Muslim and Islamic faiths have strong religious belief, regarding the animal of the PIG and what the animal represents. People of this faith have sacramental beliefs regarding PORK and the harm it may cause.

We respect this belief, as Islam is the faith representing Abuja We do not serve PORK.

There is also research to suggest that pork is high in fat and cholesterol, and that is a factor in the cause of cancer of the colon.

With these factors Birth and Beyond does not serve Children or adult any pork flavoured produce or pork meat, we will serve poultry or beef alternatives at all times.



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Encouraging breastfeeding mothers are made welcome and are able to breastfeed their baby in the centre
Encouraging parents to bring expressed breast milk into the setting, this should be transported in a cool bag, clearly labelled with the name of the infant, date and time. Breast milk should be stored in accordance to the latest guidelines (see useful information section). Two members of staff should check that the express breast milk is given to the relevant child
For information on the Breastfeeding Welcome Scheme see useful information section Formula milk should be prepared, transported and stored in accordance to the latest guidelines (see useful information section)

Weaning

The Department of Health recommends babies should not be weaned until around 6 months and that solid food should never be introduced before 4 months (17 weeks) of age
The above guidelines will be shared with parents to enable them to make an informed choice regarding weaning The introduction of solid foods will be carried out by the setting in accordance to the parent/carers wishes The Department of Health currently recommends that; Infants under 6 months of age will not be given: foods containing gluten, eggs, fish, shellfish, liver, nuts and seeds, soft or unpasteurised cheese, low fat foods, honey, sugar and salt
Each infant should be assessed individually, dependent on their age and readiness for solids. Infants who are weaned around 6 months of age should move onto lumpier textures and soft finger foods more quickly than those started earlier to ensure continued development of normal feeding behaviour Once infants are competent in taking solids a variety of foods from the 4 main food groups should be included in the weaning diet to ensure their nutritional requirements are being met
Honey and salt will not be given or added to foods given to children under 12 months of age
Preterm babies need special consideration and advice should be sought by parents/carers from the health visitor/medical team/dietician who are caring for them
For more information on weaning refer to useful information section and read Gina ford weaning

Top Tips for Good Practice

Use wipe clean table cloths or place mats to create a 'dining room' environment at meal times
Use child sized cutlery and crockery
Involve children in table setting and clearing away after meals
Meal times can be used as an opportunity for children to learn about healthy eating and socialising

References

Caroline Walker Trust. 2006. Eating well for under 5's in childcare
DfES. 2008. The Early Years Foundation Stage
Department of Health North West. 2009. Best Start for Life: Guidelines for food, nutrition, play and physical activity for early years childcare
The Stationery Office Limited. The Education (Nutritional Standards and School Food) (England) Regulations 2007 No. 2359
Gina ford – organic foods for young children, weaning.



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Useful information National
Early Years Learning Framework standards
Eat Well for Life (EWL) Core, Carrying Well (CW) Trust, Guidance for health professionals
on what eating well means for this age group. It provides both nutritional and practical advice to all those
who are involved in the early years sector. www.cwt.org.uk

Children Eating Well (CHEW) – resources to purchase that illustrate portion sizes for children of different
ages. www.cwt-chew.org.uk

Food Standards Agency – Eat well – www.food.gov.uk www.eatwell.gov.uk

Five a Day – www.5aday.nhs.uk

North West Dental Health – www.northwestdentalhealth.nhs.uk

Department of Health Leaflets download,

Off to the Best Start - This leaflet contains information about breastfeeding

www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_107908.pdf

Breastfeeding and Work - This leaflet explains how you can breastfeed and work.

www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_082505

Guidance for Health Professionals on Safe Preparation, Storage and Handling of Powdered Infant Formula

www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_063693.pdf

Bottle feeding - This leaflet contains information on how to make up feeds as safely as
possible to reduce the risks of giving formula milk to babies

www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_100127.pdf

Weaning

www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_411708

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