



## Maeda Gakuen

### Safeguarding & Welfare: Food & Drink

#### Policy statement

Maeda Gakuen Yochien regards snack and meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We aim to provide nutritious food, which meets the children's individual dietary needs.

#### Procedures

We follow these procedures to promote healthy eating in our setting. We provide meals three days a week (Tuesday, Thursday and Fridays) and two days a week (Mondays and Wednesdays) we request parents to send packed lunches.

- ♣ Before a child attends the setting, we ask parents about their children's dietary needs and preferences, including any allergies.
- ♣ We record this in their registration record and this is verified by parent signature.
- ♣ We regularly consult with parents to ensure that our records are up to date.
- ♣ We display current information in the staff room as well as children's classrooms about children's dietary needs.
- ♣ We display information about the 14 allergens in our staff room.
- ♣ We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- ♣ Menus are given to parents a month in advance.
- ♣ We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- ♣ We include a variety of foods from the four main food groups: - fish and protein alternatives; - dairy foods; - grains, cereals and starch vegetables; and - fresh fruit and vegetables.
- ♣ Maeda Gakuen Yochien is a nut free zone. We do not serve nuts at school, and bringing nuts to school in packed lunches/snacks is also prohibited to avoid risks to children who might have severe nut allergies. We strongly recommend parents that they ensure that they check children's pockets before coming to school to ensure that children are not accidentally carrying any nuts or products containing nut to school.
- ♣ We require staff to show sensitivity in providing for children's diets and allergies
- ♣ We provide children with mineral water and barley tea (in accordance with the Japanese culture requirements).
- ♣ We provide daily information on what meals are available and what the child has eaten.
- ♣ We request parents to send snack for the youngest group (Momo class, i.e. 2-3 years old children). Children can only bring fruit or healthy non-sweetened rice crackers for snack. We recommend that parents cut fruit in a way that avoids the risk of choking. (Kindly refer to attached recommendation).
- ♣ We prohibit unhealthy snack/lunches. Crisps, chocolates, cereal bars, or foods with excess salt, sugars or saturated fats are prohibited.

- ♣ Once a month we celebrate birthday party at school. On those occasions children are given cakes and a snack (popcorn or cereals). The information is provided to parents in advance and this is a treat only once a month. We aim to get healthy treats such as low sugar popcorn or cereals. Records are maintained to ensure the major allergens are avoided.
- ♣ Food Handlers are Food and Hygiene trained and temperature records are maintained.
- ♣ Children wash hands, gargle their mouths before and after eating. Children are also taught to brush their teeth after meals to encourage hygienic practices.
- ♣ During Food and Snack times same ratio is maintained, and practitioners eat with children to model good behaviour and eating habits. Practitioners ensure that children are seated at all times while eating to avoid choking.

Date: August 2017