

YMCA HUMBER

Food, Nutrition and Allergens
Wraparound Care
Policy and Procedure

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1. Purpose

Children and young people's health is an integral part of their emotional, mental, social and spiritual wellbeing, and is supported by attention to these aspects. Diet is central to health and their diet can be an important influence on their health now and in the future.

Nutritional status can have immediate impact on the health of children and young people. A poor diet can contribute to anaemia, dental decay, obesity, susceptibility to illness and adversely affect general health.' (DfES, 2007)

The policy outlines how YMCA Humber highlights that snack and mealtimes are an important part of the session/day, and that eating represents a social time for children, young people and adults and helps children to learn about healthy eating.

This policy also outlines YMCA Humber's commitment to:

- Raising awareness of nutrition.
- Encouraging and develop children / young people's skills so they can make informed choices about food and drink.
- Helping children and young people develop positive attitudes to diet, health and oral health.
- Developing healthy eating and drinking activities that can benefit children, young people, staff and parents/carers.

2. Procedure

YMCA Humber promotes healthy lifestyles and healthy eating through poster campaigns, structured activities and conversations with children and young people.

Where appropriate depending on the setting children and young people are offered a selection of fresh seasonal fruit and vegetables daily, fresh fruit and vegetable cooking is built into the activities.

Staff regularly consult with parents/carers to make sure that records of their children and young's dietary needs are up to date (see Admissions policy).

Staff are made aware about individual dietary needs at the beginning of each day. Staff supervise eating time to make sure that children and young people only get food and drink which is consistent with their dietary needs and their parents'/carers' wishes

3. Food preparation

Within all settings, we will from time to time cook with the children, young people and their families. When preparing food and drink with the children and young people, staff will be mindful of the provisions of the hygiene, to ensure that the safety of staff and those attending is paramount.

In addition to these provisions, staff will be careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.

Staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. All staff who either handle or prepare food have up to date Food Handling Certificates and are fully trained in food storage, preparation, cooking and food safety. Ofsted must be informed within 14 days if two children suffer from food poisoning who are looked after at YMCA settings.

Training will include:

- Level 2 Food Safety and Hygiene for Catering
- Allergen and intolerance Training (Food Standards Agency)

4. Dietary Requirements and Allergies

Before the child / young person starts at a YMCA setting, registration details/personal care plans/starter pack forms are completed, which includes information about any special dietary requirements or allergies, along with their food and drink preferences. Allergy information will then be put on the allergy chart (readily available in all settings). The Manager/Coordinator and staff will ensure that food and drink offered to children takes account of this information to safeguard their health and meet as far as possible their preferences.

No child or young person will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or reward.

a) Cultural and religious diversity

All YMCA Children and Young People Services settings and its staff are committed to embracing the cultural and religious diversity of the families who use our services. The Manager/Coordinator and staff will work with parents/carers to ensure that any dietary requirements are met.

YMCA Humber is also keen to help introduce children and young people to different religious and cultural festivals and events through different types of food and drink. Parents/carers are also welcome to come in and share birthday celebrations and relevant festivals with the children.

b) Snacks and Meals

We plan snack menus in advance, involving children and parents/carers in the planning through face-to-face consultation questionnaires and evaluation. We display the menus of snacks on the parents' information board.

Wraparound Services provide healthy and nutritious snacks by avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.

When a meal is provided by YMCA Humber every effort is made to ensure that this is consistent with all Health Eating Guidelines and to ensure that this is sourced from a supplier with high standards of food hygiene.

Staff show sensitivity in providing for children's diets and allergies, staff do not use a child or young person's diet or allergy as a label or to make them feel singled out because of their diet or allergy.

We organise meal and snack times so that they are social occasions in which children, young people and staff participate by sitting together.

We use meal and snack times to help children develop independence through making choices, serving food and drink and feeding themselves, by providing children with utensils which are appropriate for their ages and stages of development, and which take account of the eating practices in their cultures.

c) Nuts

Parent/carers are reminded to send in no nuts or nut products into any YMCA settings, this is to ensure we do not put any children who are allergic to nuts, and for those who are under the age of five years (as they pose a choking hazard).

d) Access to drinking water

Children (and staff) always have access to drinking water throughout the day.

We make sure that fresh drinking water is constantly available for the children and young people by providing water in beakers which are regularly filled. Children can independently serve themselves using their own water bottles/beakers provided by parents, or the jug and cups available.

Staff consider factors that will affect how much children and young people need to drink such as physical activity, temperature and so on and make sure they offer water to children frequently.

Parents are encouraged to provide a named water bottle. Group leaders check that the water bottles are filled regularly.

All children and young people are shown where the water is on their first day, water areas are sign posted, and through observation/monitoring we check that all those attending have sufficient drinks during the day.

Useful resources

Food Standards Agency: www.food.gov.uk , www.eatwell.gov.uk

General information: www.healthyschools.gov.uk

Healthy Schools: www.healthyschools.gov.uk

Five a day (NHS site): www.5aday.nhs.uk

Department of Health: www.dh.gov.uk