

STANDARD OPERATING PROCEDURES



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SOP_10_2024_EY_Food, Drink and Healthy eating in EY settings

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SOP_10_2024_EY_Food, Drink and Healthy eating in EY settings References:
[Healthy eating guidance published for the early years sector - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

1. Introduction

This SOP outlines the regulations for all food and drink and the promotion of healthy eating in DCS EY Settings

2. Context

- To ensure all children are provided with healthy nutritional food relevant to their age and stage of development. Fresh drinking water must always be available and accessible. The setting actively promotes healthy eating and lifestyles. This can be achieved by following the DfE guidance [Healthy eating guidance published for the early years sector - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

3. Scope

- This SOP will take effect from 14th October 2024 for all DCS EY locations, DCS EY Personnel and Contractors

4. EY aims

- Provide nutritious food using fresh produce. The menu will be displayed within the setting and shared with parents and this could be uploaded onto the Family App. Mealtimes will encourage positive social and cultural interaction of children and staff. Children will use age-appropriate utensils which encourage independence.

5. Responsible persons

- The Management team has overall accountability to ensure the setting is promoting a healthy lifestyle as part of the core curriculum.
- All staff have a responsibility to ensure children are provided with healthy food based on the latest information available- The safeguarding and welfare requirements, EYFS, 2021
- The Early Years is responsible to ensure that all meals offered are healthy, age appropriate, meet the needs of individual children (dietary and cultural) The portion sizes are suitable for the age and stage of the child.

6. Responsibilities

- Key person to discuss with parents on child's entry to the setting individual dietary needs, any allergies and religious requirements
- Parents to provide information about individual children dietary needs on registration form
- Manager to ensure all staff are aware of dietary needs and where appropriate a Care Plan has been completed prior to the child starting at the setting.
- All staff to ensure that children are offered food and snacks according to parents' wishes, cultural and medical requirements and individual needs.
- No nuts or nut products are allowed within the setting.

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- Work with required agencies to ensure all requirements are met with regard to the handling and preparation of food. All staff will complete their Food Safety training in Induction on Laser Learning and the FSA Food Allergy Training by the Food Standards Agency as part of their Induction.
- No honey or salt will be given or added to food for children under 12 months of age
- Parents may provide manufactured food in sealed containers and practitioners will warm the food using commercial food warmers or bowls of hot water.