



Hullbridge Childminders
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Health & Hygiene Policy

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Health

Snack and Packed lunches will be provided by parents each day. We will provide a clean place and adequate time for children to eat a packed lunch and ensure that fresh drinking water is always available. As there is no fridge space, you are advised to send packed lunches in insulated bags with freezer blocks, where possible, especially during Summer.

Staff sit with children to eat their lunch so that the mealtime is a social occasion. Food and eating together can be a wonderful source of learning for children, and we aim to make our snack/lunch time a positive experience.

We will respect the parent's diverse needs culturally or lifestyle choices about eating practices, however we will encourage parents to consider the guidelines for a healthy packed lunch listed below. Please ensure that boxes, bottles etc are all labelled with your child's name. The following are intended as guidelines, not rules.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables each day e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes, mango cubes.
- Meat, fish, or vegetarian source of non-dairy protein e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, falafel, soya, tofu.
- A starchy food e.g. bread, pasta, rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps.
- Dairy food e.g. milk, cheese, eggs, yoghurt, fromage frais. Food and Drink Policy Food and drink 4
- A drink of either water, fruit juice, milk, yoghurt drink, smoothie. (No fizzy drinks or glass bottles please)



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Hygiene

We encourage hand washing, by being good role models and supplying visuals in the bathroom. Along with soap and water each child has their own flannel to use after washing their hands. As well as washing hands after toilet use and when their hands are dirty, we promote routine hand washing before each mealtime.

We promote good oral and dental health hygiene, along with the understanding of the importance in keeping our children healthy. Oral and dental health is included in the setting and discussed with the children regularly through play. Children's oral health is considered when selecting food to be consumed at snack and lunch times. We provide the parents/carers with information on healthy lunchboxes with an emphasis on reducing sugar intake for children.

Helpful links

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>