

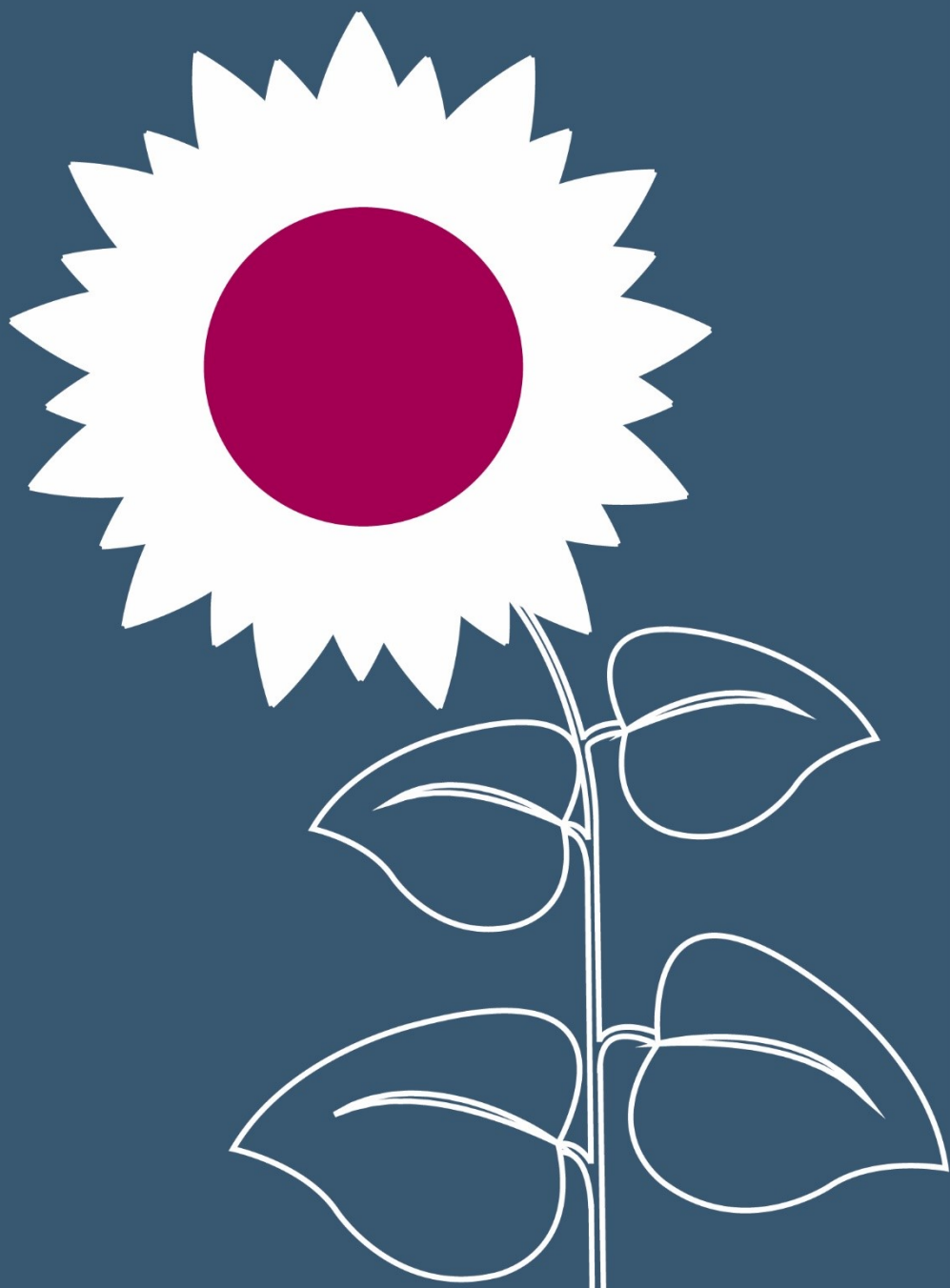


City of
Stoke-on-Trent

Healthy Eating

Tri x 5_1_34 (July 2024)

Review July 2025



Information sheet

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| Service area | Childrens Services |
| Date effective from | Dec 2013 |
| Responsible officer(s) | Strategic Manager Children in Care and Targeted Services |
| Date of review(s) | July 2022 September 2023 July 2024 |
| Status: <ul style="list-style-type: none"> • Mandatory (all named staff must adhere to guidance) • Optional (procedures and practice can vary between teams) | Mandatory |
| Target audience | Residential Staff |
| Date of committee/SMT decision | |
| Related document(s) | |
| Superseded document(s) | September 2023 |
| File reference | 5_1_34 |

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1 Introduction

- 1.1 In accordance with the Every Child Matters agenda all carers have a responsibility to ensure young people in care have an opportunity to “Be Healthy”. To achieve this young people will need to be offered a balanced and nutritional diet.
- 1.2 The following guidance is to assist all carers in educating young people as they prepare for adult life and in ensuring all young people have a diet that contains all the requirements for growth and repair of their body and limits the intake of food which may be detrimental to a young person’s health.

2 Principles of Policy

- 2.1 Carers must ensure that meal times are a pleasant social experience and young people benefit from both the social aspects and the nutritional value of a well-balanced meal.
- 2.2 All young people living in the home must be supported to be included in the menu and meal preparation as much as possible. This will both educate the young people in culinary skills and encourage them to understand the importance of a healthy diet.

PRACTICE GUIDANCE

The British Medical Association reported that by 2020 over a quarter of young people will be obese and will have a shorter life expectancy than their parents. They also have evidence that, unless the poor diet eaten by young people changes, they will suffer from tooth decay and erosion and the possibility of anaemia or diabetes will increase. More recent observations from The British Medical Association observe that little has changed in recent years to improve outcomes and that many of their key findings still ring true today.

3 Good Practice When Preparing Food

- 3.1 The Food Safety Policy gives carers all the legal requirements of serving food for the young people in our care. Briefly, the good practice guidelines when preparing a meal are:
 - Tie back any long hair;
 - Wash your hands before preparing any food;
 - Wear an apron where possible;
 - Read and follow all manufacturers cooking instructions;
 - Keep all work surfaces clean and use correct coloured chopping boards/knives if possible;

- Make sure food is cooked to thoroughly to a temperature of 72°C;
- Keep food covered.

4 Providing a Well-Balanced Diet

4.1 A well balanced diet helps children/young people grow and gives them the energy they need to promote healthy development.

PRACTICE GUIDANCE

Studies show that the food we eat as children can make a difference to our health when we are adults.

4.2 To provide a well-balanced diet young people need to have the appropriate intake of nutrients, these are:

- Carbohydrates
- Fats
- Proteins
- Vitamins
- Minerals
- Staff to use the Eat Well Plate for guidance.

4.3 Young people's eating habits need to be monitored and any concerns recorded, as this may be an indicator of other issues in their life such as bullying or an eating disorder.

4.4 Any concerns about the child or young person's diet or behaviours associated with meal times and eating should be directed to the Registered Manager and the Looked After Children Nurse.

4.5 All staff to have nutrition training.

5 Common Food Allergies

5.1 Some young people and adults are allergic to certain types of foods that can have a detrimental effect on their health. All this information should be included in the risk assessment.

It is important that we check the labels on food to ensure that it does not include ingredients that the young person may be allergic to.

- 5.2 Often food may have small traces of an element, which will still cause an allergic reaction even if it is not the main ingredient. Common foodstuffs, which cause an allergic reaction, include:
- Nuts
 - Milk and dairy products
 - Seafood such as prawns
 - Strawberries.
- 5.3 Allergic reactions can vary from rashes, migraines to more serious effects such as difficulty in breathing. Should the child exhibit difficulty in breathing treatment must be administered immediately or death may occur. **Medical treatment must be urgently sought.**

6 Medical Conditions Which Require Additional Care When Planning the Menu

- 6.1 There are also medical conditions, such as Diabetes and Coeliac disease, which require care when preparing food for young people.

Diabetes

- 6.2 Diabetes is a medical condition that means the pancreas finds it difficult to regulate the sugar levels in the body. People with diabetes are advised to avoid sugar in their diet, but take regular snacks. Staff to support this appropriately.

Coeliac Disease

- 6.3 Young people with this condition are not able to eat food, which contains gluten. Gluten is commonly found in cereals such as wheat, oats, barley and rye.
- 6.4 As many products are made from wheat flour, for example bread and biscuits, it is extremely important to check for foods that are suitable.

When out in a restaurant with a young person it is essential the carer checks the meal does not contain ingredients the young person may be allergic or have intolerance to.

7 Specific Diets and Occasions

- 7.1 Carers, the young person and their social worker must discuss any specific dietary requirements during the placement planning meeting and incorporated into the child/young person's plan.
- 7.2 Any requirements the child or young person has should be incorporated into the general menu planning for the home.
- 7.3 The children's home has a responsibility to consider any dietary needs associated with the child or young person's culture and/or religion.
- 7.4 Any requirement to fast within the child or young person's religion, culture or tradition should be incorporated into the menu planning and daily routine of the home.
- 7.5 Any celebration within a child or young person's culture, tradition or religion associated with food should be incorporated into the menu planning and daily routine of the home.

When out in a restaurant with a young person it is essential the carer checks the meal does not contain ingredients, which contain elements restricted in the young person's diet.

8 School Lunches/Packed Lunches/ Snacks

- 8.1 Carers have a responsibility to ensure that all young people are receiving a healthy balanced diet within the home and when at school. **Ref: Eat Well Plate**
- 8.2 The Healthy Schools Initiative is assisting schools to offer a well-balanced menu for children and young people. The associated guidance requires:
 - More fruit and vegetables to be used e.g. no less than 2 servings per day per child. At least one serving should be vegetable or salad and at least one should be fruit.
 - More Oily Fish – Oily Fish such as Mackerel or Salmon should be served at least once every 3 weeks.
 - Bread – Bread should be available at lunch every day.
 - Drinking Water – Free, fresh drinking water should be available at all times

- Healthier Drinks – The only drinks that should be served are:
 - ✓ Water
 - ✓ Pure fruit juices
 - ✓ Milk
 - ✓ Yoghurt and milk
 - ✓ Drinks with less than 5% added sugar
 - ✓ Smoothies
 - ✓ Low calorie hot chocolate
 - ✓ Coffee and tea

The following items are either restricted or no longer allowed to be taken to school in a packed lunch:

- No sweetened fizzy drinks are allowed
- No confectionary is permitted
- No savoury snacks such as crisps
- No additional salt
- Restriction on deep fried foods (a maximum of 2 deep fried produces a week)
- Manufactured meat products restricted e.g. chicken nuggets, sausage rolls)

8.3 Instead when providing young people with a packed lunch it should contain:

- Meat, fish or a non-dairy source of protein
- A starchy food
- At least one portion of fruit
- At least one portion of vegetable or salad
- A milk or dairy food

Not to be included are

- Confectionary
- Snacks with added salt
- Deep-fried products
- Manufactured meats
- Fizzy drinks
- Drinks with added sugar

APPENDIX 1 – Nutritional Information

| Nutrient | Benefit to the body | Examples of food |
|---|---|--|
| Carbohydrate | Gives energy | Bread, pasta, flour, pasta, yams, banana, plantains, vegetables, sweet potatoes |
| Protein | Growth and repair | Meat, eggs, fish, milk dairy products, soya, wheat, corn, oats, pulses, beans and peas |
| Fat | Energy and helps absorb vitamins A and D | Butter, margarine, vegetable oil |
| Vitamin A | Good for eyes and eye sight | Carrots, milk, apricots, fatty fish |
| Vitamin B (There are a number of B group vitamins) | Good for the nervous system and helps release energy from other foods | Bread, meat, yeast, pasta, rice, noodles |
| Vitamin C | Good for skin and gums | Oranges, lemons, grapefruit, blackcurrants |
| Vitamin D | Good for teeth and bones | Milk, margarine, cheese, yoghurts dairy products |
| Vitamin E | | Vegetable oils, green leafy vegetables, milk, nuts, wheat germ |
| Vitamin K | Helps to clot blood | Present in most vegetables |
| Iron | Helps the blood to carry oxygen | Red meat, broccoli, spinach, egg yolk plain chocolate |
| Calcium and Phosphorus | Good for bones and teeth | Milk, cheese, butter, yoghurts dairy products |
| Fluoride | Good for teeth and bones | Water(added), sea fish |