

Diet, Nutrition, Food and Drink in Clayton Croft Policy – SO-0006

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1. Purpose of this document

Food and drink are important aspects of all people's quality of life. Having choice and understanding how to make healthy choices is crucial. This policy aims to ensure that all children and young people at Clayton Croft are supported to choose a

nutritious diet and enjoy their meals and mealtimes. Clayton Croft should comply with relevant guidance and legislation, and aim to achieve high standards regarding provision and promotion of a healthy and nutritious lifestyle for children and young people. Staff should encourage positive social behaviour at mealtimes as appropriate, and enable children and young people to make choices and enjoy a healthy relationship with food. This policy should be read in conjunction with the Clayton Croft Diet, Nutrition, Food and Drink Procedure SO-0006-001-0423.

2. Approach

- 2.1 In offering all children and young people a balanced, nutritious, healthy and enjoyable lifestyle that promotes good health and wellbeing.
- 2.2 The aim of this policy is to promote a good diet, but does recognise that some food items may be difficult for some individuals with an autism spectrum disorder.
- 2.3 A healthy range of nutritious, varied, balanced and attractively presented food will be offered at every mealtime with opportunities for choice.
- 2.4 Obsessive and restricted patterns of behaviour can focus around food and drink, so staff should encourage balanced healthy choices by providing variety and using different cooking methods in order to help children and young people find food they enjoy.

3 Involving Children, Young People, and Families

- 3.1 Young people and children should be at the centre and fully consulted using their preferred communication about dietary preference and need.
- 3.2 The adults who know children best, such as parents, carers, and other professionals will be consulted about decisions around food and nutrition to ensure consistency of decisions and always in the child's best interest.
- 3.3 On admission, a child's dietary and eating needs will be assessed and any appropriate aspects risk assessed.
- 3.4 Where there are concerns over diet, a dietician or doctor may be consulted as appropriate and/or medical advice taken. This will include, where appropriate, consultation with parents/carers at every stage.
- 3.5 Any specific dietary requirements, including those to meet all outlined cultural needs, will be catered for. These will be established prior to admission to ensure all special requirements can be obtained and will be detailed in the child's care plan.
- 3.6 Ingredients and menus will take into account cultural, medical and religious requirements, and sensory needs. Preferences, such as vegetarianism, will be respected and accommodated. Meat and dairy products purchased should meet appropriate animal welfare standards.
- 3.7 Services will cater for all sensory, cultural, religious, health and dietary needs such as vegetarian, gluten/wheat free, dairy free, food suitable for diabetics, organic food and any other need or preference. Any special

diet or change in need will be provided in consultation with a transdisciplinary team.

- 3.8 Individual care plans will record personal likes and dislikes of individual children and young people, with strategies to address the impact of food obsessions. Plans will also include objectives for mealtimes and healthy eating, if appropriate.
- 3.9 Menus should be devised in consultation with children and young people, using preferred communication methods. Support, education and guidance should be given to promote nutritional value and variety. Menus should be reviewed regularly, and then retained for inspection for one year.
- 3.10 Children and young people should be fully included in shopping, food choices and food preparation whenever possible. Resources, such as those available at www.easyhealth.org.uk, can be used to explain nutritional concepts. Preferred communication will be used to aid understanding and involvement.

4 Life Skills

- 4.1 Older children and young people will be able to, or will work towards, choosing and preparing a range of food either for themselves, their peers or invited guests, as appropriate and detailed in the specific Individual Care Plans.
- 4.2 Children's understanding of food, nutrition, and healthy eating will be continually developed in line with their understanding and they will be supported to make choices for themselves.

5 Choking and dysphagia

- 5.1 All children and young people entering the service will have a risk screening for choking and dysphagia.
- 5.2 Where staff observe that choking or dysphagia is an emerging risk for a child resident at Clayton Croft, this will immediately be alerted to the Registered Manager.
- 5.3 The Registered Manager will:
 - 5.3.1 Request Speech and Language Therapy input from NAS clinicians
 - 5.3.2 Alert the child's family members, allocated Social Worker, and relevant health professionals
 - 5.3.3 Seek appropriate medical intervention and assessment, i.e. from the child's GP or paediatrician
 - 5.3.4 Ensure the child's risk assessment is updated
 - 5.3.5 Ensure that staff have completed the NAS Dysphagia and Choking Training (NAS E-Learning)

6 Healthy Eating

- 6.1 Children will be helped to lead healthy lifestyles.
- 6.2 A variety of fresh fruit and vegetables will be available, with an aim to achieve at least 5 portions daily. Staff will be provided with training and resources to understand what constitutes a portion and the importance of incorporating 5-a-day into diets.
- 6.3 Where possible all food (meals and snacks), should be prepared from whole food ingredients rather than from prepared, packaged and processed food. As far as possible use of such foods should be kept to a minimum. Staff training should be provided, as required, to meet this requirement. When food is provided to the people we support that has a label, staff should be able to extract the relevant information from that label to decide if and how that food fits in to the overall nutritious balance of the diet.
- 6.4 Where a child's dietary and health needs require an alternative approach, guidance will be sought from relevant health professionals to formulate an appropriate meal plan.

7 Allergens

- 7.1 As per the NAS Medication policy (SO-0347) Clayton Croft will keep a register of those with an allergy.
- 7.2 All staff will be made aware of allergies and intolerances and food arrangements and procedures should ensure individual needs in relation to allergies and tolerances are provided for.
- 7.3 The service will comply with the NAS Food Safety Policy HS-0510.
- 7.4 Clayton Croft may have children with severe food allergies i.e. Epi-Pen and may need to be totally "Free From" certain allergens as part of their risk assessment.
- 7.5 All kitchen staff will be suitably trained in allergy awareness, including how to respond to an allergy sufferer's questions. Training will be assessed regularly to ensure staff are competent and confident in dealing with allergens. Where staff are made aware of updates or ingredient changes by suppliers, this will be acted upon immediately.

8 Evaluation of policy

- 8.1 This policy and its associated procedure will be reviewed on an annual basis for its effectiveness and to ensure it takes account of current legislation.

9 The legal framework

- 9.1 The Children's Homes (England) Regulations 2015
- 9.2 The Food Safety Act 1990
- 9.3 The Food Safety (General Food Hygiene) Regulations 1995 (as amended)
- 9.4 The Products Containing Meat etc. (England) Regulations 2014

- 9.5 The Food Information (Amendment) (England) Regulations 2019
- 9.6 HM government (2010) Healthy Lives, Healthy People

10 Equal Opportunities

Ingredients and menus will take into account cultural, medical and religious requirements, and sensory needs. Preferences, such as vegetarianism, will be respected and accommodated. Meat and dairy products purchased should meet appropriate animal welfare standards.

Clayton Croft will cater for all sensory, cultural, religious, health and dietary needs such as vegetarian, gluten/wheat free, dairy free, food suitable for diabetics, organic food and any other needs or preference. Any special diet or change in need will be provided in consultation with the Registered Manager and relevant professionals.

11 References and Information

- 11.1 Children's Food Trust (www.childrensfoodtrust.org.uk)
- 11.2 NHS Choices
(www.nhs.uk/LiveWell/Goodfood/Pages/Goodfoodhome.aspx)
- 11.3 The British Nutrition Foundation (www.nutrition.org.uk)
- 11.4 The British Association for Parenteral and Enteral Nutrition (BAPEN)
(www.bapen.org.uk)
- 11.5 Easyhealth (www.easyhealth.org.uk)
- 11.6 FSA - Salt information (www.food.gov.uk)
- 11.7 Eating Well: Children and Adults with Learning Disabilities (CWT, 2007)
- 11.8 Nutritional Guidelines for Food Served in Public Institutions (FSA/CWT)
- 11.9 Eating Well for Looked After Children and Young People: Nutritional and Practical Guidelines (The Caroline Walker Trust, 2001)

12 Related policies

- 12.1 NAS Medication Policy & Procedure SO-0347
- 12.2 Food Safety Policy HS-0510
- 12.3 Health and Safety Policy HS-0101
- 12.4 Infection Control management standard HS-0411