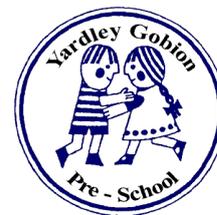


Food and Drink Policy



Policy statement

Pre-School regards snack and meal times as an important part of each session. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating. At snack times, we aim to provide nutritious food which meets the children's individual dietary needs.

EYFS key themes and commitments

| A Unique Child | Positive Relationships | Enabling Environments | Learning and Development |
|---------------------------|--|---|--|
| 1.4 Health and well-being | 2.1 Respecting each other 2.2 Parents as partners 2.4 Key person | 3.2 Supporting every child 3.4 The wider context | 4.4 Personal, social and emotional development |

Procedures

We follow these procedures to promote healthy eating in Pre-School:

- Before a child starts to attend Pre-School, we find out from parents their children's dietary needs and preferences, including any allergies (see the Children with Allergies Policy.)
- We record information about each child's dietary needs in her/his registration form (and in the 'My All About Me book') and parents sign the form to signify that it is correct. The 'My All About Me book' asks parents to update us with any changes to their children's dietary needs.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We plan menus in advance. These menus are kept on file for our reference.
- We display the snack menus for the information of parents.
- We provide nutritious food at every snack time, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We aim to include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.

- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We organise snack times so that they are social occasions in which children and staff participate.
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We have fresh drinking water constantly available for the children. We inform the children that they can ask for water at any time during the session.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide whole pasteurised milk. Children not wanting milk are offered an alternative of squash or water.

Packed lunches

For lunch sessions, when children are required to bring packed lunches, we:

- inform parents of our policy on healthy eating and encourage parents to provide healthy food in their child's lunch box;
- provide children, bringing packed lunches, with plates, cups and cutlery if appropriate; and
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

Further guidance

- *Safer Food, Better Business*
www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/

Adoption of policy

This policy was adopted at a meeting of

name of setting

Held on

(date)

Date to be reviewed

(date)

Signed on behalf of the Committee

Name of signatory

Role of signatory (e.g. Chair)

[Policy 1.19]
