

Stanton Drew & Pensford Pre-school & Forest Club

Food & Drink Policy

Statement of intent

This setting regards snack and meal times as an important part of the setting's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Methods

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. Allergies are recorded alongside a picture on the front of our snack box in the kitchen (not displaying name alongside picture). We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We record information about each child's dietary needs in her/his admission record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up to date. Parents are asked on a termly booking form if there are any changes to their child's requirements and sign the up-dated record to signify that it is correct. Any allergies are recorded on and inside the kitchen cupboard where snacks are prepared.
- 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 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.

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- 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 meal and snack times so that they are social occasions in which children and staff participate
- We use meal and snack times to help children to develop independence through preparing their own snacks
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the session/day. Children also bring their own water bottles.
- We inform parents who provide food for their children about the storage facilities available in the setting
- We give parents who provide food for their children information about suitable containers for food and healthy choices
- In order to protect children with food allergies, we have rules about children not sharing and swapping their food with one another
- For children who drink milk, we provide semi skimmed milk.

Packed lunches

When children bring packed lunches, we:

- ensure perishable contents of packed lunches can be refrigerated;
- inform parents of healthy eating;
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk-based desserts such as yoghurt. We discourage sweet drinks and can provide children with water or milk;
- Provide children bringing packed lunches with spoons if not provided by the parent
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion
- At lunchtimes staff encourage children to eat their sandwiches/wrap etc first but will always liaise with parents as to their wishes regarding their child's choices, each child is supported as appropriate to their age/stage of

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development. We will encourage good eating habits and encourage children to sit for longer periods based on their individual development needs.

Held on (date)	Monitoring and reviewing
Date to be reviewed (date)	April 2024
Signed on behalf of the committee	
Name and role of signatory	
Signed on behalf of preschool	Melissa Diaz
Name and role of signatory	Melissa Diaz -Preschool Leader