

# St Marychurch Pre-school

## Food and Drink Policy

### Statement of intent

This setting regards snack times as an important part of the setting's session. 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 food, which meets the children's individual dietary needs. We promote healthy eating and aim to provide snacks and drinks that are healthy, balanced and nutritious.

### Methods

- Before a child starts attending the setting, we will find out from parents their children's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in his/her registration record and parents sign the record to signify that it is correct.
- We display current information about individual children's dietary needs so that all practitioners and volunteers are fully informed about them.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing 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.
- Snack times are appropriately supervised and children do not walk about with food and drinks. Food is consumed at a table, on a picnic rug or in the garden.
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- 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 children. We inform the children about how to obtain the water and that they can ask for water at any time during the session.
- In order to protect children with food allergies, we have strict rules about children sharing and swapping their food with one another.
- For children who drink milk, we provide whole or semi-skimmed pasteurised milk.
- All food and drink is stored appropriately.
- Adults do not carry hot drinks or place within reach of the children.
- Ofsted will be notified within 14 days of any food poisoning affecting two or more children. Public Health will also be informed.
- Electrical equipment, such as kettles, toasters and oven will be switched off when not in use and kept in the kitchen away from the children.

Food and drink policy continued.....

### Lunch time

We promote healthy eating and encourage parents to:-

- Provide an ice pack to keep food cool at all times in a labelled lunch box.
- To provide sandwiches with a healthy filling, fruit and a milk based desert, such as crème fraiche or yoghurt. Pasta, couscous, rice or crackers could be an alternative to sandwiches. We discourage sweet drinks and can provide water to drink. No fizzy drinks or popcorn is accepted, following food safety advice guidance.
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We do not allow sweets, hard candy boiled sweets and lollies. We discourage sweets and chocolate bars, such as Mars bars. We reserve the right to return this food to the parent.
- Food will be withdrawn from a lunch box if it is past its ‘use by date’.
- Parents are requested to inform practitioners of any products that may contain nuts in their lunch box, such as Nutella or peanut butter.
- We encourage healthy eating but understand some children have dietary and sensory requirements and will work with parents to support their child.
- Please look online for the Food standards Agency Early Years choking hazards food safety advice regarding cutting food longways instead of round, for food such as sausages, grapes, carrots, cheese, cucumber, cherry tomatoes, berries and cherries.
- Healthy eating statement encourages children to adopt healthy lifestyles through nutritional diet and regular exercise during play.
- We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.
- Practitioners have first aid and food safety as part of their food hygiene training.

Signed: \_\_\_\_\_

Position: Chairperson

Dated: \_\_\_\_\_

We aim to provide a safe, stimulating, caring, happy Pre-school where all children and their families are welcome. We provide a curriculum based on the Early Years Foundation Stage using individual children's interest and needs.