



Food and Drink Policy

This setting regards snack and mealtimes as an important part of the settings session. Eating represents a social time for children and helps them to learn about healthy eating. This policy applies to the staff team, helpers, volunteers, children and parents.

Aim

At snack times we aim to provide nutritious foods which meet the individual's dietary needs, and we request that parents do too.

Methods

- Before a child starts to attend the setting, we find out their dietary needs, including any allergies, which is recorded in his/her registration record.
- We display any individual dietary needs staff and volunteers to see.
- We provide healthy snacks that do not contain large amounts of fats, sugars, salt or additives.
- We try to include foods from each of the child's cultural backgrounds.
- We take care not to include food containing nuts or nut products.
- We organise snack and mealtimes to help children develop independence, through self-service.
- We have fresh water available at all times for children to access themselves.
- In order to protect children with food allergies we have rules about no sharing/swapping food.
- Allergens are listed in pre-school

Packed lunches

- We provide the use of a fridge for lunch boxes to be stored in. Temperatures of the fridge are recorded daily.
- We encourage parents to provide sandwiches with a healthy filling, or something similar, fruit and yoghurt and a small 'treat'.
- We discourage packed lunches that heavily consist of crisps, processed food, sweet drinks and cakes and biscuits.
- We ensure that at least one member of staff sits at the table with the children and encourage staff to eat alongside the children if they wish (following recommended health eating guidance).

- At times throughout the year, we will share healthy eating ideas with our parents as a refresher and give new lunch box ideas.
- We are able to heat up warm food for the children. We follow food hygiene guidance, record temperatures of the foods we reheat. Staff have food hygiene training. We will not reheat high risk food such as rice. Parents/carers are informed of this on admission.
- After children have eaten as much as they would like from their lunch box, we pop the rest back in so parents can see how much they have had.
- If we feel that children's nutritional needs are not being met, we will speak to parents/carers in a respectful and supportive manner about it, providing advice and ideas.