



# Food & Drink Policy

### STATEMENT OF INTENT

*This pre-school regards snack times as an important part of the pre-school's session/day.*

### EATING

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 healthy, balanced and nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of Ofsted's Care Standards on Food and Drink.

### METHODS

- We have an area which is adequately equipped to provide healthy snacks and drinks for children as necessary.
- All staff are aware of food hygiene, with Georgie Strevens being the overall co-ordinator having completed relevant food hygiene training.
- Before a child starts to attend the pre-school, we find out from parents their children's dietary needs, including any allergies.
- We record information about each child's dietary needs in her/his registration 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 sign the up-dated record to signify that it is correct.
- 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 which is consistent with their dietary needs and their parents' wishes.
- We display the menus of snacks for the information of parents.
- We provide nutritious food at all snack times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- 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.



## Policies and Procedures

### Section 10

- 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 provide children with utensils which are appropriate for their ages and stages of development and which 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.
- We inform parents who provide food for their children about the storage facilities available in the pre-school.
- We give parents who provide food for their children information about suitable containers for food.
- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
- We put systems in place to safeguard children with identified allergies including separate storage and preparation of their food, snack routines and gaining prior permission from parents for all food given to the child at snack time. We also put systems in place to ensure that all ingredients used within other activities provided in the pre-school do not contain allergens.
- We keep labels of ingredients contained in all pre-packed food served at snack for a minimum of 48 hours.
- We will notify Ofsted of important incidents such as food poisoning.

Date policy adopted / reviewed \_\_\_\_\_ 16 June 2017 \_\_\_\_\_

Minor amendments made November 2018

Signed on behalf of the management committee \_\_\_\_\_

Name and position of signatory \_\_\_\_\_ Denise Smith, Chair \_\_\_\_\_

Policy review date \_\_\_\_\_ April 2019 \_\_\_\_\_

**I have read and understood the policy:**

**Signature**

**Print Name:**

**Date:**

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