



## Food and drink policy

### Statement of intent

We regard snack time and lunch time as important parts of our session. Eating represents a social time for children and adults and helps children to learn about healthy eating.

### Aim

At snack time and lunch time, we aim to encourage and promote the provision of nutritious food, which meets the children's individual dietary needs.

### Method

We follow the procedures below to promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, 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 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 have a "No Nuts" policy with regard to snacks and lunches brought in from home. This is regularly communicated to parents.
  - We take care not to provide food containing nuts or nut products in our cooking activities 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 time so that it is a social occasion in which children and staff participate.
  - 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.
  - We inform parents who provide food for their children about the storage facilities available in the setting.
  - 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 semi-skimmed pasteurised milk.

*Packed lunches*

We operate a lunch club where children are required to bring packed lunches, we:

- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt. We discourage sweet drinks and can provide children with water.
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion

This policy was adopted at a meeting of	Child's Play Pre-school	name of setting
Held on (date)	15/10/13	
Signed on behalf of the Proprietor		
Role of signatory	owners	
This policy was reviewed on		(date)
<i>continue as necessary</i>		(date)