

8. Food and Drink

Food and Drink Policy

Please see also our Equal opportunities *and* Hygiene

Statement of intent

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

Aims

- To provide nutritious food, that meets the children's individual dietary needs.
- To encourage children to try and enjoy a range of healthy food.
- To communicate to parents our daily menu.
- To ensure that children with food allergies and intolerances are kept safe

In order to fulfil these aims

- Before a child starts at Blakeney Pre-school, we ask parents to fill out and sign a registration Form giving details of their child's dietary needs (including allergies).
- It is up to parents to inform us of any changes to their child's dietary needs or habits.
- We display current information about individual children's dietary needs on each child's name card so that all staff and volunteers are fully informed about them.
- We have fresh drinking water constantly available for the children.

Snack Time

- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
- We plan menus in advance, these can be found on Tapestry and Facebook.
- We provide nutritious food at all snack times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We include foods from a variety of 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 our children and their parents belong, 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 will not use a child's diet or allergy as a label for the child or make a child feel singled out because of their 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 rules about children sharing and swapping their food with one another in order to protect children with food allergies.
- For children who drink milk, we provide semi-skimmed pasteurised milk.

Packed Lunches

- Parents supply a packed lunch for children attending Pre-School sessions all day.
- Parents are encouraged to supply healthy packed lunches with an appropriate amount of food for their child.
- We encourage children to eat their sandwiches first.
- We do not allow sweets in the packed lunch boxes.
- We do not allow children to swap food from their packed lunch boxes to protect those with food allergies.

A packed lunch for preschool should consist of –

1 savoury main sandwich, roll, wrap, pasta etc (not jam / choc spread)

At least 1 piece of fresh fruit or vegetable (not fruit string, fruit strips etc)

1 savoury snack – crisps, breadsticks etc

1 dairy-small yogurt frube etc

1 small sweet snack – fun size chocolate, penguin , 2 finger kitkat, small cake etc

Food Allergies

- In the event of there being a child attending Pre-School with very severe allergies we will make a judgement, in consultation with the parents, as to how best to handle this. This may involve asking other parents to refrain from including certain food items in their child's lunch boxes.
- Should any child be exposed to a food that they are allergic to the parents will be informed and prescribed medication administered as appropriate as described in our Medicines. Medical attention will be sought if necessary.
- A child will not be discriminated against or made to feel singled out because of a food allergy or intolerance.