



Food & Drink Policy

Statement of intent

This pre-school regards snack and meal times as an important part of the pre-school's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack and meal times, we aim to provide nutritious tooth friendly food, which meets the children's individual dietary needs. The pre-school is registered with Aylesbury Vale District Council Environmental Health Department. We are committed to following guidance from the Early Years Foundation Stage and Children's Food Trust to promote healthy living and good food choices for the children in our care.

Methods

- 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 parents' wishes
- We provide nutritious food at all meals and snacks, avoiding large quantities of fat, sugar and 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.
- 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 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.
- For children who drink milk, we provide semi-skimmed milk.
- We inform parents as to whether or not their child has chosen to attend snack and the food that they have chosen to eat.
- Non-tooth friendly snacks (such as birthday cake) to be taken home to eat at main meal times and we would suggest stickers are given as treats, instead of sweets.
- We give parents/carers information about making healthy choices for their children in the Lunch Box Slip.
- Portion size – Children have smaller stomachs and therefore need smaller portions of food. A range of different foods is essential to provide all the nutrients they need to grow and develop as healthy adults.
- If a bottle of liquid is brought in to be consumed during a session, it must be water. Diluted fruit juice, squash etc are only to be consumed with the midday meal in line with tooth-friendly professional guidance.
- 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.