



Food and Drink Policy

A unique child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key Person	3.2 Supporting every child 3.4 The wider context	4.4 Areas of learning and development

Statement

The Village Pre-school E17 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.

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Method

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.

All staff are informed of any allergies and dietary needs of all children.

We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date, through an information update note sent out termly and reminders in newsletters.

We display current information about individual children's dietary needs as a visual reminder and 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.

For the information of parents, we have a record book of the types of snacks provided and also give this information in our newsletters.

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.

We take care not to provide food containing nuts or nut products where possible 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.

If a child with a particular diet or allergy has a special food or drink that they use at home, for example a dairy-free or a wheat-free item, the pre-school is happy for that to be brought in for use at snack time.

We organise meal and snack times so that they are social occasions in which children and staff participate.

We use meal and 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 have rules about children not 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.

Policy reviewed and updated **September 2021**

