

Streatley Hill Pre-school

Food and drink policy

Statement of intent:

Our Pre-school regards snack times and lunch times as an important part of the day for children and staff. Eating represents a social time for children and adults and helps children learn about healthy eating.

Aim

At snack times we aim to provide a choice of nutritious, healthy food which meets children's individual dietary needs. At lunch times we will aim to give parents good advice on healthy choices for children's lunch boxes. We aim to meet the full welfare requirements of Ofsted's Early Years Foundation Stage framework.

We will achieve this by:

1. Finding out and recording a child's dietary needs and any allergies when they first join us. We ask parents to let us know of any changes to these as they occur.
2. Ensuring staff are aware of any dietary needs so that children only receive food consistent with this or their parents wishes; diet/allergy are never used to single a child out.
3. Encouraging parents to provide healthy food, mostly fruit, to share at snack times. On special occasions such as birthdays we are happy to have cakes and treats.
4. In line with the EYFS we provide parents with guidelines for healthy packed lunches when their child starts 'Lunch Club'. We advise parents where packed lunches will be stored but that we cannot refrigerate them.
5. Providing water or whole milk for children to drink at snack time and water at lunch time. Fresh drinking water is available for the children all day, on request.
6. Organising snack times/lunch times as social occasions for eating together. We encourage independence by giving them choices, helping to serve or sometimes even prepare food and drink, feeding themselves.
7. Encouraging good manners and have rules about sharing/swapping food. We provide children with utensils appropriate to their age, development and culture.
8. Ensuring good standards of hygiene among the children and staff at snack/lunch times. Food preparation, storage and handling are subject to our health and hygiene policy, the basics of which are displayed in the kitchen.

This policy was adopted at a meeting of Streatley Hill Pre-school

Held on (date): 28th March 2011

Signed on behalf of the pre-school