**Food and Drink Policy**

Please take time to read the pre-school policies and let the Pre-school Leader or Chair know if you have any questions.

The policies are also available to read on our website:

www.streatleyhillpreschool.org.uk

**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.

**Policy**

At snack times we promote healthy eating by providing a choice of nutritious, healthy food which meets children’s individual dietary needs. At lunch times we 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.

## Procedures

## Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies.

## We record information about each child's dietary needs in the Registration Form and parents sign the form to signify that it is correct.

## We ask parents to let us know of any changes to these as they occur.

* We display current information about individual children's dietary needs ensuring all staff and volunteers are aware of any dietary needs so that children only receive food consistent with this or their parents' wishes.

## We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.

* Diet or allergy are never used to single a child out.
* We provide nutritious food for snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.

On special occasions such as birthdays and celebrations we are happy to have cakes and treats ensuring they comply with any allergies/dietary needs.

* 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.
* 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.
* 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.
* Encouraging good manners and have rules about sharing/swapping food. We provide children with utensils appropriate to their age, development and culture.
* 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.

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| This policy was adopted at a meeting of Streatley Hill Pre-school Committee on: | 20th March 2012 |
| This policy was last reviewed on: | 29 June 2016 |
| Date of next review: | 16 July 2017 |
| Signed on behalf of the Committee by: | Laura Coyle |
| Role of Signatory: | Chair |