

STOWUPLAND PRE-SCHOOL AND THE MIGHTY OAKS

Food and drink policy

Pre-school, Breakfast Club and Lunch Club

Statement of intent

This setting regards snack time and meal times as an important part of the settings 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 food, which meets the children's individual dietary needs. We aim to meet the full requirements of The National Standards for Day Care on Food and Drink (Standard 8).

Methods

- Before a child starts to attend the setting, we find out from parents their children's dietary needs, including any allergies.
- Parents/guardians are asked not to bring sweets/cakes into the setting to celebrate a child's birthday. Due to allergies suffered by some children it is deemed unfair to those whose diet prohibits them.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up to date. Parents are reminded to notify us of any changes in our termly news letter, a notice is also on our notice board.
- Current information about individual children's dietary needs are available in the food preparation area so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We provide nutritious food at all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We introduce the children to fruit and vegetables from other countries.
- 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. For children with any food allergies a care plan is implanted for each individual child. EpiPen training is available to staff when required.
- 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 will 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 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 request that children bring in their own drinking bottles filled with water, at the start of each session. The children have access to their bottles throughout the day.
- 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 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 whole and pasteurised milk.

This policy was adopted at an AGM of Stowupland Pre-School and The Mighty Oaks

Held on (date) Review Date

Signed on behalf of the Pre-School (Chairperson).....