



FOOD & DRINK POLICY

Statement of Intent

This setting recognises that snack time is an important part in the social life of the pre-school as well as reinforcing children's understanding of the importance of healthy eating. The setting supports the Cornwall Council's 'Eating Well for Under Fives' Campaign and is part of the Healthy Under 5's programme.

Aim

At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full welfare requirements of the Early Years Foundation Stage Framework.

Methods

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, i.e a vegetarian diet, as well as any allergies.
- We record information about each child's dietary needs in his/her registration record and parents sign the record to signify that this is correct.
- We regularly consult with parents to ensure that our records of their child's dietary needs, including allergies, are up-to-date. Parents sign the up-date record to signify that it is correct.
- A copy of our weekly Menu is displayed on our Noticeboard and our Web site. It provides children in our care with a tasty, varied diet and is in line with the requirements of the Healthy Under 5's Programme.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- Staff who are involved with the preparation and handling of food, receive appropriate training and hold a Level 2 Food Safety and Hygiene Certificate which is current.
- We ensure that children receive only the food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We provide nutritious food at snack times, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings. We include a variety of fruit, vegetables and bread.

- We include foods from different cultural backgrounds, providing children with familiar food as well as introducing them to new ones.
- 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.
- 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 his/her diet or allergy.
- We will advise parents or guardians if their child is not eating well.
- Withholding food will not be used as a form of punishment.
- We organise 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 choice, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- Fresh drinking water is constantly available for children. We inform the children about how to obtain the water which they can ask for at any time during the session.
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with each other.
- For children who drink milk, we provide semi skimmed pasteurised milk. Water is provided as an alternative, according to dietary needs or preference.
- Children will be encouraged to play outside every day, weather permitting. This will ensure that they have an opportunity to be exposed to summer sunlight which helps their bodies to make Vitamin D.

This policy was adopted at a meeting of Threemilestone Preschool CIO

Held on 1st March 2019

Signed for and behalf of the pre-school

Trustee (Sarah Wallis)
Threemilestone Preschool CIO