



## **FOOD & DRINK POLICY**

### **Statement of Intent**

At Threemilestone Pre-school we believe in providing healthy and nutritious snacks which contribute to a balanced diet as well as meeting children's individual dietary needs. All our staff are competent in preparing and handling food and hold a Level Two Basic Food Hygiene Certificate which is renewed every three years.

### **Aim**

We aim to make children, parents and staff aware of the importance of developing healthy habits by encouraging children to join in a variety of exciting activities to promote this aspect of their development. Eating also represents a social time for children to engage with their peers and adults.

### **Methods**

- Before a child attends the setting, parents are asked to complete a registration form detailing their children's dietary needs and preferences, including any allergies.
- We check all registration forms for allergies and dietary requirements and display current information about individual children's dietary needs, so that all staff and volunteers are fully aware of these facts.
- 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 include foods from different 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 and are especially vigilant where we have a child with a known allergy to nuts. If in doubt, we ask the parents to check the packaging to confirm that their child is safe to eat/drink the food being offered.
- We are respectful of dietary rules pertaining to religious groups, cultural backgrounds, vegetarians and vegans and take this into account in the provision of food and drink.
- We organise snack/lunch times so that it is a social occasion in which children and staff participate.
- In line with the EYFS Framework, we ensure that children are adequately supervised whilst eating and are within sight and hearing of a member of staff.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- Following Covid 19, the children bring a packed lunch to the setting. Our registration pack includes a Healthy Lunchbox Leaflet giving parents useful information on what constitutes a nutritious lunchbox, portion size, foods to avoid and how to prepare certain foods to reduce the risk of choking.

- Staff follow the guidance set out by the government to minimise the risk of a child choking by checking the lunchboxes daily to ensure items are cut appropriately by size and shape.
- Fresh water is always available for children, and they are encouraged to ask at any time during the session if they require a drink.
- At snack time, children have a choice of milk or water and we participate in the 'Cool Milk' scheme.
- If a child struggles to eat a healthy balanced diet, for whatever reason, we work with parents/carers and outside professionals, if deemed appropriate, to overcome these difficulties.
- If there is an outbreak of food poisoning affecting two or more children looked after at the setting, we will notify OFSTED as soon as possible, and within 14 days of the incident to comply with the requirements of the Early Years Statutory Framework.

Signed for and behalf of the pre-school

Trustee ..... (Sarah Wallis)  
Threemilestone Preschool CIO