

# St Matthew's Preschool Policy

## 4.1 Food and drink

### Policy statement

Our provision regards snack and lunch times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating. At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs, allowing occasionally for 'treats'. At lunch time we ask parents to provide a healthy nutritional lunch.

### Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies policy.)
- We record information about each child's dietary needs in her/his registration record.
- We consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. Parents are required to inform staff of any changes to dietary requirements/allergies at the earliest opportunity.
- For each child with a special requirement we display a list of details of these needs on the snack bar table 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, as well as their parent's wishes (religious/vegetarian etc).
- The setting provides nutritious food for snacks, such as fresh and dried fruit and breadsticks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- 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.
- 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 do 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 snack and lunch time so that it is a social occasion.
- We use snack time to help children to develop independence through making choices, serving food and pouring drinks and feeding themselves.
- 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 day.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide semi-skimmed pasteurised milk. Soya and alternative milks can be provided by the parent.

- Only staff/volunteers with a food hygiene certificate are permitted to prepare food and supervise the snack bar and lunch times.
- The food preparation area is the responsibility of the hall management.

*Food Poisoning*

- We notify Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as is reasonably practicable, but in any event within 14 days of the incident.

This policy was adopted at a meeting of

St Matthews Pre School

Held on

\_\_\_\_\_ (date)

Date to be reviewed

\_\_\_\_\_ (date)

Signed on behalf of the management committee

\_\_\_\_\_

Name of signatory

\_\_\_\_\_

Role of signatory