

## FOOD & DRINK POLICY

### Statement of Intent

The pre-school regards snack times as an important part of the pre-school session. Eating represents a social time for children and adults and helps children to learn about healthy eating.

### Aim

At snack times, we aim to ensure the children eat nutritious snacks. We aim to meet the full requirements of the EYFS Safeguarding and Welfare Requirements on Food & Drink (3.47 – 3.49).

New Millside Pre-school is a Rights Respecting Early Years Setting and has the UN Convention on the Rights of Child at the heart of its core values. We prepare the community to recognise the universality of children's rights and to support the rights of other locally and globally and ensure we have strong arrangements for protecting children from all forms of abuse and harassment

### Method

- Before a child starts to attend the pre-school, we find out from parents their children's dietary needs, including any allergies.
- We record information about each child's dietary needs in her/his day care record & register and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs — including any allergies — are up-to-date. Parents sign the up-dated record to signify that it is correct.
- We display current information in the kitchen regarding individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- 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.
- If it was noted that a child did not eat or drink during a session, staff will monitor the situation and inform parents.
- We organise snack times so that they are social occasions in which children and staff participate. Children and staff are encouraged to enjoy snack and lunch time as a social part of their day. The children always eat as a group and they are encouraged to use polite table manners, such as waiting for each other to begin and asked to use 'please' and 'thank you'. The children always wash their hands before meal times.
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We have fresh drinking water available for the children at every session that they are able to dispense themselves. 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 semi-skimmed milk in accordance with government guidelines, or Soya for children with allergies.
- We display an allergens list for all our snacks in accordance with EU Regulation No. 1169/2011 on the provision of food information to consumers (EU FIC)

### Lunch Session - Lunchboxes

Lunch Session is for children who attend all day only. Lunch Session is £5.25 per attended session for fee payers and those children over their 15 hour funded allowance. Please provide a packed lunch every day that your child attends lunch club. Food swapping is not allowed and for this reason parents are asked to provide clearly **NAMED** lunchboxes. Staff will label a child's lunchbox if necessary. We recommend that parents put into their child's lunchbox exactly what they expect them to eat. Cartons are tricky for children to use; we therefore encourage the use of a drinking bottle.

Packing the lunchbox (taken from [www.nhs.uk/Livewell](http://www.nhs.uk/Livewell) Jan 2011):

A balanced packed lunch should contain:

Starchy foods e.g. bread, rice pasta, potatoes

Protein foods e.g. cheese, ham

Vegetables and/or fruit

For variety why not try bagels, pitta bread, wraps or crackers. Use wholemeal bread rather than white. Children often like food they can eat with their fingers, so chop up raw vegetables such as carrots and peppers and give them hummus or cottage cheese as a dip. Breadsticks and wholemeal crackers also make great finger foods. Replace chocolate bars and cakes with dried fruit or fresh fruit. Vary the fruit each day and get them to try new things like kiwi or melon.

Please do not put fizzy drinks, sweets nuts or nuts products into their packed lunch. We reserve the right not to allow any such items to be consumed during lunch session.