



## Food and drink

At Stretton Pre-School we believe that snack and meal times are 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 and meal times and aim to provide nutritious foods, which meets the children's individual dietary needs and adheres to new allergen law (2014).

### Procedures

- Before a child starts to attend the setting, we ask about dietary needs and preferences, and have regard to the 14 allergens as stated in the new allergen law (2014)
- We record information about each child's dietary needs in the Registration Form and parents sign if correct.
- We regularly consult with parents to ensure that our records of children's dietary needs - including any allergies - are up-to-date. Parents sign the updated record to signify that it is correct.
- We display current information about individual children's dietary needs, in the kitchen, 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.
- On a daily basis, we record what foods children have had for snack at pre-school. We underline any food that contains known allergens. Parents are aware of our process and understand the reasons why we underline certain foods
- We provide nutritious food for snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- 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.
- We are a nut free setting
- Through discussion with parents and research reading, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.

- We show sensitivity in providing for children's diets and allergies. We 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.
- Snack and meal times are social occasions in which children and adults 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 that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- 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.
- We inform parents who provide food for their children about the storage facilities available in our setting.
- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- We provide semi-skimmed pasteurised milk for all children.

*Packed lunches:*

- We check packed lunches to ensure that they are nut free and that all items are in date. Any items found to contain nuts will be returned to the parent/carer with a note and an alternative provided if necessary.
- We ensure that all packed lunches are refrigerated
- We ask parents not to provide lunches in fabric lunch bags as advised by Environmental Health Dept. If a child does bring a fabric bag we will transfer the contents into a clean plastic sandwich bag and return the fabric bag to the family on collection at the end of the session.
- All parents are informed of our healthy eating policy
- We encourage parents to provide items such as sandwiches with a healthy filling, fruit and milk based desserts such as yoghurts/ crème fraiche
- We discourage sweet drinks and we provide milk and water at meal times
- We discourage packed lunch content that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort.

- We provide children bringing packed lunches with plates, cups and cutlery
- We ensure that an adult sits with children to eat their lunch so that meal times are a social occasion.

This policy was adopted by

Stretton Pre-School

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On

6 October 2016

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Date to be reviewed

Annually

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Signed on behalf of the provider

Name of signatory

Sarah Morris

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Role of signatory

Chair

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