



6.5 Food and drink

Policy statement

This policy is in conjunction with our **6.9 PANCo** policy, Woodlands Pre-school regard snack 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 using resources and materials from the Department of Health. At snack times, we ask parents to provide a healthy balanced mid-morning snack for children attending that session.

Procedures

We follow these procedures to promote healthy eating in Woodlands Pre-school.

- Before a child starts to attend, we ask their parents about their 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 the Registration Form and parents sign the form 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 ensure current information about individual children's dietary are needs are known to all staff and displayed appropriately in setting.
- 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 provide nutritious food when hot dinners are ordered, 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 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 ARE A NUT FREE PRE-SCHOOL**
- 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, as well as 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 times so that they are social occasions in which children and staff participate.

- We use 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 the 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. In addition, we comply with the Food Allergens Regulations (2014). A list of possible allergens within the food, which we provide for children at snack times or any food related activities (i.e. cooking and food tasting) is available to parent on request.
- For young children who drink milk, we provide semi-skimmed milk at snack time.

Lunch Club

- We encourage parents to promote healthy eating by providing healthy lunches for their children. SEE PANCo policy for more details
- We discourage packed lunch contents 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 ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.