

## Moulton Pre-School – Food and Drink Policy and Practice

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## Food and Drink Policy and Practice

***Moulton Pre-school is committed to safeguarding and promoting the welfare of children, young people and adults at all times and expects everybody working within this setting to share this commitment.***

### **Policy Statement**

Our provision regards snack and meal 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. At snack times, we aim to provide nutritious food, which the children's individual dietary needs

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

- Before a child starts to attend pre-school, we will find out from parents their children's dietary needs, including any allergies, and make appropriate arrangements to meet them.
- Information about each child's dietary needs is recorded in her/his registration record and parents are asked to sign the record to signify that it is correct.
- The Pre-school regularly consults with parents to ensure that the records of their children's dietary needs, including any allergies are up-to-date.
- Current information about individual children's dietary needs are displayed so that all staff and volunteers are fully informed about them.
- Systems are implemented to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
- A daily list of food available to children for snack is displayed for parents' information.
- Nutritious food is provided at all snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colorings.
- A diet encompassing food from a range of cultures ensures that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.
- 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 parent's belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- All staff are required 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.
- Meal and snack times are planned so that they are social occasions in which children and staff participate.
- Meal and snack times are used to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We have water constantly available for the children. Children are informed about how to obtain the water and they can ask for water at any time during the session.
- Parents who provide food for their children are informed about the storage facilities available in the pre-school, and are asked to provide an ice pack in their child's lunch box.
- We do not allow children to share or swap their food with one another in order to protect children with food allergies.

- Milk provided for children is semi skimmed in line with government guidelines.
- A mid-morning healthy snack will be provided, this will include items like crackers, breadsticks, fruit, vegetables and cheese, on occasions other food related to the topic will be offered. The Manager will always check each child's registration form first to ensure all dietary requirements are met.

### **Packed lunches**

When children bring packed lunches we aim to:-

- Ensure lunch boxes contain an ice pack to keep food cool.
- Inform parents of our policy on healthy eating;
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraiche. We discourage sweet drinks and can provide children with water milk.
- 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;
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

### **Legal Framework**

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

### **Further guidance**

- Safer Food, Better Business (Food Standards Agency 2011)