

## **10. Food and Drink Policy**

### **Statement of intent**

Welford Pre-school regards snack times and lunch clubs as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

### **Aim**

At snack times, we aim to provide nutritious food that meets the children's individual dietary needs. We meet the full requirements of the statutory framework for the Early Years Foundation Stage.

### **Methods**

Before a child starts attending Welford Pre-school, we find out from parents/carers their children's dietary needs and preferences, including any allergies.

- We record information about each child's dietary needs in their registration record and parents/carers sign the record to signify that it is correct.
- Parents/carers must notify Welford Pre-school of any changes in dietary needs and sign the up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs including their photograph, so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children only receive food and drink that is consistent with their dietary needs and preferences as well as their parents/carers' wishes.
- We provide nutritious food at snack times, including a range of fresh fruit and vegetables.
- 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 also use snack times as an opportunity for the children to learn about different cultural celebrations by including different foods that are indicative to the celebration.
- 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/carers and research reading by staff, we obtain information about the dietary rules of the religious groups, to which children and their parents/carers 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 his/her diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff 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 age 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 or help themselves at any time during the session.
- In order to protect children and staff with food allergies, we have rules about children not sharing and swapping their food with one another. For this reason, we also ask parents/carers to refrain from sending nuts/nut products in their child's lunchbox.
- For children who drink milk, we provide semi-skimmed pasteurised milk.

For lunch, we:

- ask parents/carers to include an ice pack to ensure perishable contents of packed lunches remain cool since lunchboxes are kept at room temperature;
- encourage packed lunch contents to be healthy and discourage the inclusion of sweet drinks and snacks. We can provide the children with water;
- provide children bringing packed lunches with plates and cups and cutlery if required; and
- ensure staff sit with the children to eat their lunch so that the mealtime is a social occasion.

Date reviewed	<b>20<sup>th</sup> January 2021</b>
This policy was adopted at a meeting of Welford Pre-school held on	<b>28<sup>th</sup> January 2021</b>
Signed on behalf of the Committee	
Role of signatory	<b>Chair</b>