



## **Food And Drink In The Setting**

### **Policy statement**

Our setting regards snack and lunch time as very important parts of the daily routine for the children. Eating represents a social time for children and adults and helps children to learn about healthy eating and the why it is important to do so. We promote healthy eating using resources and materials and discuss with the children regularly throughout the day. At snack time, we aim to provide nutritious food, which meets the children's individual dietary needs.

### **Procedures**

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

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See Illness, Infectious Disease and Allergies policy)
- Parents/Carers are asked to record any dietary needs their child has on the registration form. This will then be discussed in further detail during the All About Me meeting.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies are up-to-date.
- We display current information about individual children's dietary needs on the back of their snack cards 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.
- 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.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- We give parents who provide food for their children information about suitable containers for food.
- We inform parents who provide food for their children about the storage facilities available in the setting.

- 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 or help themselves to water at any time during the day.
- All staff must hold a Level 3 Food Hygiene certificate before being entered onto the snack rota.

## **Snack**

We display the foods/drinks which have been offered for snack on our dedicated snack board.

- We provide nutritious food for snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods
  - dairy foods;
  - grains, cereals and carbohydrates
  - 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. When celebrating festivals, we try to include food relevant to this or the country of origin.
- We take care not to provide any 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 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 organise snack time so that they are social occasions in which children and staff participate.
- We use snack time 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.
- For children who drink milk, we provide semi-skimmed milk.

## **Birthdays and other celebrations**

We welcome cakes and sweets being brought in for the children by their peers to celebrate Birthdays or any other celebrations. If these are brought into preschool to share amongst the children we will give them out at the end of the session, and leave it to the discretion of the parent/carer.

## Packed lunches

The pre-school will provide a clean place and adequate time for children to eat a packed lunch and ensure that fresh drinking water is readily available at all times. Staff sit with children to eat their lunch so that the mealtime is a social occasion. Food and eating together can be a wonderful source of learning for children, and at pre-school we aim to make our lunch time a positive experience.

As fridge space is not available in pre-school, you are advised to send packed lunches in insulated bags with freezer blocks, where possible, especially during Summer. A good substitute for a freezer block is a frozen drink which will defrost during the morning. The pre-school will encourage parents to consider the guidelines for a healthy packed lunch listed below. Please ensure that boxes, bottles etc are all labelled with your child's name.

The following are intended as guidelines, not rules. However, we feel as a pre-school that consideration of these guidelines will support the whole of the preschool community in developing healthy eating habits.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables each day e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes, mango cubes.
- Meat, fish, or vegetarian source of non-dairy protein e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, falafel, soya, tofu.
- A starchy food e.g. bread, pasta, rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps.
- Dairy food e.g. milk, cheese, eggs, yoghurt, fromage frais.
- A drink of either water, fruit juice, milk, yoghurt drink, smoothie. (No fizzy drinks or glass bottles please.)

**\*\* Please do not include sweets or anything chocolate covered in a lunchbox \*\***

Children will be encouraged to eat their savoury food first. Children should not swap food. Please encourage children to regard foods very high in sugar or fat as treats and not staple foods for a lunchbox. All small round items of food (ie) grapes and tomatoes should be cut in half length wise.

**Familiar Foods**

Please put familiar foods prepared in their usual way in the packed lunch. Pre-school lunch times are not a good time to introduce new foods to your child as it may be upsetting if they are hungry and don't like the food they have been given. Please put in the amount of food you would normally expect your child to eat.

**Special diets and allergies**

We do not allow nuts or any foods containing nuts in your child's lunch box due nut allergies and also due to nuts being a choking hazard for children under the age of 5 years. We recognise that some pupils may require special diets that do not allow for the guidelines to be adhered to exactly. Parents will provide the appropriate diet for that child, another reason why children should not swap food items.

Staff are encouraged to comply with this policy when bringing in packed lunches and eating with the children.

**Monitoring**

To promote healthy eating we will regularly monitor the content of packed lunches. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches and snack. If lunches are not deemed to meet nutritional standards parents will be advised on changes that need to be made. Anything chocolate covered, sweets or sugary drinks will be sent back home at the end of the day. Water and milk will be provided as an alternative. If a child's packed lunch continues not to follow the guidance then the parent/carer will be asked to come in for a consultation with the manager.

This policy was adopted at a meeting of ..... (name of setting)

Held on ..... (date)

Date to be reviewed ..... date

Signed by .....

Name of Signatory .....

Role of Signatory (ie manager) .....