



Food And Drink Policy

Preschool Manager: Nicky Benson-Dare

This policy will be reviewed annually. It will also be revised following any concerns and/or updates to national and local guidance and procedures.

Statement

St Peter's Busy Bees Pre-school regards snack and meal times as an important part of the pre-school day. Snack and lunch times are social opportunities for the children and help to develop appropriate table manners and promote healthy lifestyles and well being, encouraging children to take part in social conversation and hygienic practises.

Aim

We aim to meet the full requirements of the Statutory Framework for the Early Years Foundation Stage and to provide healthy, balanced, varied and nutritious food during snack time, and to encourage and guide parents/carers to provide a nutritious and varied lunch box for their child, to meets the children's individual dietary and religious needs.

Procedures

- Before a child starts to attend the setting, we find out from parents/carers their child's dietary needs and preferences, including any allergies. In the case of food allergy, all staff should be made aware of this, and the child's details added to the allergies listing displayed in the kitchen.
- Parents/carers record information about each child's dietary needs on her/his admissions form and sign the form to signify that it is correct.
- We regularly consult with parents/carers to ensure that our records of their children's dietary needs - including any allergies - are up to date and appropriate forms are signed.
- We have a strict NO NUTS food policy and take care not to provide food-containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts. We ask that **no nuts** are put in lunch boxes and **no peanut butter** used in sandwiches.
- Through discussion with parents/carers and research reading by staff, we obtain information about the dietary rules of 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 makes 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 hand washing, making choices 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 freely available for the children.
- We inform parents/carers who provide food for their children about the storage facilities available in the setting.

- In order to protect children with food allergies, we do not allow children to share and swap their food with one another at lunchtime.

Food Hygiene

- Food Hygiene is considered of the utmost important and all staff who serve or handle food are trained in Food Hygiene during their induction. Please see also our Food Hygiene Policy.

Snack Time

- As children may be hungry at different times, by providing a snack bar, which is open for a set time period as part of the morning session, the children have a choice of when they would like to eat, and snack time becomes an integrated activity within the session.
- We have a designated area away from the main working areas of the playroom.
- We maintain a dietary/allergy list, which is checked before each session.
- The snack is sourced by the staff each week, all staff have awareness of snack provided previously to ensure a wide variety of food is being provided during the term.
- We ensure that the children are offered new and seasonal foods, to include a carbohydrate, fruit and vegetable and a protein.
- We always have a member of staff to help prepare snack with the children (with due care given to hygiene) and provide support for the children with self service routine and tidying away.
- We organise snack times so that they are social occasions in which children and staff participate, helping each other and taking turns, especially when new to the group, the children will learn and improve their social skills. The children learn that they take it in turns to come to the snack table and often the older children will support the younger children in doing this and help them to serve snacks. As the children's confidence grows they become independent in preparing their snack.
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves. The social and independence skills the children have learnt will ease their transition to school.
- We have fresh drinking water freely available for the children.
- For children who drink milk, we provide semi skimmed milk. Parents/carers can provide alternative milk e.g. soya/goats as required.

Snack preparation

Staff follow food hygiene procedures when preparing snack:

- Separate cleaning cloths, utensils should be available.
- The area of the kitchen where snack is to be prepared should be clean.
- The snack table should be cleaned before and after use, with antibacterial wipes or spray and dried completely.
- The children should wash their hands with soap and water before handling food and eating snack.
- Each day all utensils, cutlery, cups and plates should be washed thoroughly in hot soapy water or in a dishwasher, and dried, before being stored in a clean location.

Packed Lunches

- All lunch boxes, food containers and drinks containers should be clearly labelled with the child's full name.
- We inform parents/carers of our policy on Food and Drink.
- We encourage parents/carers to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt.
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
- We provide children who bring packed lunches with appropriate utensils if required.
- At lunch time children sit in groups with a member of staff to encourage a positive eating experience and table manners.
- Parents/carers are advised to pack children's packed lunches in insulated bags with freezer blocks, where possible.
- We will work with parents/carers to ensure that packed lunches abide by the standards listed below-
 - Packed lunches should include:
 - ✓ At least one portion of fruit and/or one portion of vegetable.
 - ✓ Meat, fish or other source of non-dairy protein every day.
 - ✓ A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other cereal.
 - ✓ Dairy food such as milk, cheese, yoghurt, or fromage frais.
 - ✓ Only water, fruit juice, milk, yogurt/milk drinks or smoothies.
 - Packed lunches should aim not to include where possible:

- Processed foods e.g. Snacks such as crisps, cheese strings, dairylea lunchables, pepperami.
- Chocolate biscuits or cakes instead include fruit, raisins, and plain rich teas biscuits.
- Ready-made drinks such as fruit shoot, drink cartons etc. instead include a made up child's drinking bottle of diluted sugar free squash or diluted fresh juice.

Please note:

At St Peter's Busy Bees Pre-school we also recognise that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

- The pre-school manager and each child's key person will monitor packed lunches.
- Parents/carers are encouraged to adhere to the pre-school's Food and Drink Policy, if at any point the key worker is concerned about the contents of the packed lunch the parent/carer will be approached.

Involvement of parents/carers

- Parents/carers are encouraged to conform to the Food and Drink Policy.
- In turn we would like any feedback the parents/carers wish to give and will take this feedback into consideration when reviewing this policy.

Policy Review

- We will include guidance for parents/carers in our admissions pack.
- We will use opportunities such as newsletters, emails & parent meetings and school trips, to promote this policy as part of a whole pre-school approach to healthier eating.
- All staff are aware of this policy and will support its implementation.

