



Bowes Pre-School & Holiday Club

6.5 Food and drink Policy

Safeguarding and Welfare Requirement: Health

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.

Bowes Pre-school and Holiday Club 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. We promote healthy eating using resources and materials from the Pre-school Learning Alliance. At snack and meal times, 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 our setting, we ask their parents about their dietary needs and preferences, including any allergies. (See Managing children who are sick, infectious or with Allergies Policy).
- We ask that parents record information about their child's dietary needs on the enrolment forms, which they are then asked to sign.
- We regularly consult with parents to ensure that our records of their children's dietary needs – including any allergies – are up-to-date. Parents are asked to sign the up-dated record to confirm that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them. Including the school cook, who prepares our lunches.
- 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 parent's wishes.
- The menus are planned in advance by Taylor Shaw and are available on the school and Pre-school website for parents to see.
- We display the menus of meals and snacks for parents to view.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the four main food groups:
 - Meat, fish and protein alternatives;
 - Dairy foods;
 - Grains, cereals and starch vegetables; and
 - Fruit and vegetables
- We try to include foods from children's cultural backgrounds, providing them 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 take into account children whose parents want them to follow a vegetarian or vegan diet in the provision of food.
- 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.

- Our meal and snack times are organised 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, feeding themselves and clearing their things away afterwards.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices of their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain 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.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For each child, we provide parents with information about feeding routines, preferences and how much food they have eaten.

Packed Lunches

Where we cannot provide cooked meals, such as during Holiday club, children are required to bring packed lunches, we:

- Ensure perishable contents of packed lunches are refrigerated or 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 desserts, such as yoghurt or crème fraiche. We discourage sweet and fizzy drinks, and can provide children with water;
- Discourage packed lunch contents such as crisps, sweets, chocolate, sweet drinks and sweet products such as cakes and biscuits. We reserve the right to return this food to the parent as a last resort;
- Provide children bringing packed lunches with plates, cutlery and cups; and
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

Legal Framework

Regulation (EC) 853/2004 of the European Parliament and the Council on the Hygiene of Foodstuffs

Further Guidance

Safer Food, Better Business (Food Standards Agency 2011)

Other useful Pre-school Learning Alliance Publications

Nutritional Guidance for the Under Fives (Ed. 2010)

The Essential Early Years Cookbook (2009)

Healthy and Active Lifestyles for the Early Years (2012)

This policy is fully supported by the Manager, Staff, Committee and parents/carers of Bowes Pre-School.

Signed:- (Chairperson)

Print Name: Date:

Signed:- (Manager)

Print Name: Date:

Review date: