



*Safeguarding and Welfare Requirements: Health
Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.*

H4 Food and Drink Policy

Policy Statement

The Cabin Pre-school regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. 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 the setting, we find out from parents their children's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. Parents sign the up-dated record to signify 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 in the kitchen.
- 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 display the menus of meals for the information of parents.
- 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 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 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 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 provide a vegetarian alternative on days when meat or fish are offered and make every effort to ensure Halal meat or Kosher food is available for children who require it. This is available through Langtree school kitchen that provide our hot lunch option.



- 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.
- We organise meal and snack times so that they are social occasions in which children and staff participate, sitting with their key children where possible.
- 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 ages 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. We ask parents to provide a sports type drinking bottle which is checked and replenished throughout the day.
- We offer an early snack at 0930 which all children are expected to sit and enjoy of cereal, toast and milk and at approx. 1430 we offer another snack of fruit, veg, carbohydrates and protein both of which Cabin Pre-school provides.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- All milk provided by The Cabin Pre-school is semi-skimmed pasteurised milk.

Cooking and special occasions

Special celebrations such as Pancake Day or sensory tasting activities in line with current themes may allow for small amounts to be tasted. Cooking activities will be a mixture of healthy or treats which we will use to discuss and then send home for you to decide if your children are allowed to eat them.

Packed Lunches

Packed lunches are a parent choice:

- ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool; Parents to advise us.
- inform parents of our policy on healthy eating;
- inform parents that we have no facilities to microwave cooked food brought from home;
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraîche where we can only provide cold food from home. We discourage sweet drinks, squeezy yoghurts and can provide children with water or 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;
- provide children, bringing packed lunches, with plates, cups and cutlery; and
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.



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| This policy was adopted at a meeting of the Pre School Committee | |
| Date of Meeting | 1/06/2016 |
| Signed on behalf of the Management Committee | J Wernham |
| Role of Signatory (e.g Chairperson/owner) | Chairperson |
| Review Date | 14/06/2017 |