

**Under Fives Roundabout  
Food and Drink Policy  
Policy No: 1.19**

**Last reviewed: September 2009**

**To be reviewed by: September 2010**

**Responsible member of staff:**

**Responsible member of committee:**

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4. Health and well-being	2.1. Respecting each other 2.2. Parents as partners 2.4. Key person	3.2. Supporting every child 3.4. The wider context	4.4. Personal, social and emotional development

## **Food and drink policy**

### **Statement of intent**

This Pre-School/Playgroup regards snack and meal times as an important part of the Pre-School/Playgroup's activities. 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, which meets the children's individual dietary needs.

### **Methods**

1. Before a child starts to attend the Pre-School/Playgroup, we find out from parents their children's dietary needs, including any allergies.
2. Parents record their child's dietary needs on his/her registration form and in their 'All About Me Pack'. If anything is unclear, the child's keyperson will discuss with the family.
3. We regularly consult with parents to ensure that our records of their children's dietary needs, including any allergies, are up-to-date.
4. We display current information about individual children's allergies so that all staff and volunteers are fully informed about them.
5. We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
6. We provide nutritious food at all snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
7. 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 during our cooking activities.
8. 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.
9. 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.
10. We organise meal and snack times so that they are social occasions in which children and staff participate.
11. We use meal and snack times to help children to develop independence through making choices, preparing and serving food and drink and feeding themselves.
12. We provide children with utensils which are appropriate for their ages and stages of development and which take account of the eating practices in their cultures.
13. 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 at any time during the session.

14. We inform parents who provide food for their children about the storage facilities available in the Pre-School/Playgroup.
15. We give parents who provide food for their children information about suitable containers for food.
16. We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
17. For children who drink milk, we provide whole and pasteurised milk.

#### Lunch Club

- Children attending our lunch club at preschool/playgroup (aged over three) bring their own packed lunch.
- We encourage families to provide a healthy, balanced lunch and include a leaflet in our welcome pack about this
- Packed lunches are stored appropriately, in the fridge if requested; parents are encouraged to include a cool pack in the lunch box.
- At least one member of staff will sit with the children at the table while they eat and will often eat with the children, giving an example of healthy eating.
- Staff always ensure all of the children are provided with a drink with their lunch

Reviewed September 2009