**Food, Drink & Healthy Eating Policy**

**Statement of intent**

This pre-school regards are an important part of the pre-school's session.

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**

• Before a child starts to attend the pre-school, we find out from parents their children's dietary needs, 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.

• We display current information about individual children's dietary needs 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 their parents' wishes.

• We display the menus of snacks for the information of parents.

• We provide nutritious food at all snacks, avoiding large quantities of saturated fat, sugar, salt,

 artificial additives, preservatives and colourings.

• We include the following elements in snacks which are offered:

 **o Dairy foods**

 **o Fruit & vegetables**

 **o Breads, crackers, grains, cereals and pasta**

• 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.

• 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 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 snack times so that they are social occasions in which children and staff

 participate.

• We use snack times to help children to develop independence through making choices, serving

 food and drink and feeding themselves.

• We encourage the use of water bottles as this helps staff monitor that the children are

 drinking enough water. 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.

• We ask parents to put ice packs in children's lunch boxes when hot and parents to provide food for their children in suitable containers for food.

• We encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts

 such as yoghurt or crème fraîche. We discourage sweet drinks and can provide children with

 water or milk.

• We 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.

• We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

• We discourage children sharing and swapping their food with one another in order to protect

 children with food allergies.

• For children who drink milk, we provide whole pasteurised milk.