**Anlaby Park Methodist Pre-School**

**Food and drink Policy**

The 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.

**We notify Ofsted of any food poisoning affecting 2 or more children looked after on the premises. Notification is made as soon as reasonably practicable; this must be within 14 days of the incident. Failure to comply with this requirement is an offence.**

**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 display current information about individual children's dietary needs; inside the cupboard door, 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 preferences as well as their parents' wishes.
* 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 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 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 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 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.
* 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.

**Packed lunches**

Where children are required to bring packed lunches, we:

* ensure perishable contents of packed lunches are stored in a cool place 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 deserts such as yoghurt or fromage frais. We ask parents not to bring in drinks; we provide children with water or milk;
* Do not allow packed lunch contents that consist of crisps, processed foods, fizzy drinks and sweet products such as cakes or biscuits. We reserve the right to remove such items and return to the parent.

**This policy was adopted on: July 2022**

**Signed on behalf of the Pre-School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date for review: June 2023**