

## Food and drink

### Policy statement

Chudleigh Pre-school regards snack 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. At snack 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 Chudleigh Pre-school.

- Before a child starts to attend Chudleigh Pre-school, we ask their parents about their dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
- 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 preferences, as well as their parents' wishes.
- We provide nutritious food for all snacks, avoiding saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- 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 by staff, we obtain information about the dietary rules of the religious groups to which staff, children, and their parents belong, and of vegetarians and vegans, as well as 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 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 and milk constantly available for the children. We inform the children about how to obtain a drink and that they can ask for a drink at any time during the day.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another. In addition, we comply with the Food Allergens Regulations. A list of possible allergens within the food, which we provide for children at snack times or any food related activities (i.e. cooking and food tasting) is available to parent on request and is displayed on the inside of the cupboard door.
- For children who drink milk, we provide semi-skimmed milk.

### **Lunchtime**

- We encourage parents to provide sandwiches with a healthy filling, fruit, and milk-based deserts, such as yoghurt or crème fraiche. We discourage sweet drinks and can provide children with water.
- We share information with parents around healthy eating and track consistent unhealthy foods.
- We ensure first aid trained staff sit with children to eat their lunch so that the mealtime is a social occasion.