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Leaside Under Fives Kindergarten

Leaside Walk, East Street, Ware, Herts SG12 9BT

Charity Registration Number 1142831

**Food and Drink policy**

**Statement of intent**

This setting regards snack and meal times as an important part of the setting's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating. Leaside Kindergarten promotes healthy eating.

**Aim**

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. This policy reflects the EYFS framework 2024.

**Methods**

* The setting prepares the children’s food in a clean and hygienic environment, following guidelines set out in the EYFS 2024 legislation and also in relation to guidelines from the Food Standard Agency using the Safer Food Better Business document alongside Eat Better leaflet. The setting provides up to date and relevant staff training in food hygiene and updated on a 3 year cycle.
* Before a child starts to attend the setting, information is gained from parents regarding their children's dietary needs and preferences, including any allergies.
* The Kindergarten will act upon notification of any allergies of any new children or for any newly diagnosed 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 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.
* We provide nutritious fruit at snack time.
* We do not provide food containing nuts.
* We organise meal and snack times so that they are social occasions in which children 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 session/day.

**Packed lunches**

We:

* Provide parents about healthy eating via a link on the website to the Government’s Eat Well leaflet for toddlers;
* Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based desserts such as yoghurt or fromage frais (Petit Filou). We discourage sweet drinks and can provide children with water
* Parents are asked to use suitable containers for food within in a named lunch bag/box
* Where children attend for an all day session children’s lunch bags are placed in the large lunch box. The box is not refrigerated but will be kept in a cool position in the hall. In warmer weather you may wish to place an ice pack into your child's lunch bag.
* Parents are asked NOT to include nuts within packed lunches due to severe allergies for example an allergic reaction can flare up by touching shared items (for example water jug)
* Any food not eaten will be left in their lunch bag so that you can see how much they have eaten.
* Ensure staff sit with children while they eat their lunch so that the mealtime is a social occasion.

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| This policy was adopted at a meeting of | Leaside Under Fives Kindergarten |
| Held on | 5 May 2016 |
| Reviewed on: Signed on behalf of the Kindergarten | 12 February 2024\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Margaret PayneChair of Committee |
| Role of signatory (e.g. chairperson etc.) |  |