

## **Pre-School at St Saviours**

### **Food and drink policy**

#### **Statement of intent**

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

#### **Aim**

At snack time, we aim to provide nutritious food, and promote healthy eating, which meets the children's individual dietary needs.

#### **Methods**

- 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 regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up to date. Parents sign the up-dated 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 and preferences as well as their parents' wishes.
- We provide nutritious food at snacks time, 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 when necessary.
- 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 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.

- Fridge temperature is checked daily and noted in the daily risk assessment.
- Visual checks are made for flying/crawling insects and rodents. This is also noted in the daily risk assessment.
- The sink is cleaned with bleach based cleaner before any food is prepared.
- 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. We also ask parents to provide suitable containers and beakers for water for the children that are available during the session
- We inform parents who provide food for their children about the storage facilities available in the setting.
- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
- For children who drink milk, we provide semi skimmed milk.
- Any Food Allergens of food that has been provided by Pre-School At St Saviours is displayed on the Notice Board in the front entrance hall. This is done on a daily basis

#### *Packed lunches*

- We inform parents of our policy on healthy eating;
- We ask parents to use cold blocks in lunch boxes.
- We encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt. We discourage sweet drinks, crisps and chocolate.
- 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 while they eat their lunch so that the mealtime is a social occasion.

**All staff have completed Level 2 Award in Food Safety for Catering.**

**We have a Level 5 Award for Food Hygiene (2020)**

Signed on behalf of the Partnership

October 2021

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Jeanette Samuel - Partner