



Old Court Community Pre-School

Station Road, Royal Wootton Bassett

Wiltshire, SN4 8QY

Tel: 01793 849783

Email: oldcourt@talktalk.net



Food and drink

Policy statement

We regard snack and meal 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 using resources and materials from the Pre-school Learning Alliance. At snack and meal times, we encourage parents to provide nutritious food, which meets the children's individual dietary needs.

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, 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 record information about each child's dietary needs in the Welcome Pack and parents sign the form 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 our 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 are especially vigilant where we have a child who has a known allergy to nuts. We do not allow children who have packed lunch to bring nuts or have nut related filling in their sandwiches.
- We 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 adults 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.



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- 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 our setting. We advise them that we do not have the facility to store lunchboxes in a fridge and therefore they must provide an icepack in the lunchbox to keep the food cool.
- We give parents who provide 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 have chosen the option to bring packed lunches, we:

- ensure perishable contents of packed lunches 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 crème fraiche. We discourage sweet drinks and prefer children to drink water or diluted fresh fruit juice;
- 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;
- ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.
- We do not allow children to bring fizzy drinks or sweets in their lunchbox

This policy was adopted by

Old Court Community

Pre-school

On

30/06/2020

Date to be reviewed

July 2021

Signed on behalf of the provider

Name of signatory

Hannah Carter

Role of signatory (e.g. chair, director or

Chairperson



owner)

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