

 **Food and Drink Policy**

Snack and meal times are an important part of the day at Preschool. Eating represents a social time for children and adults and helps the children learn about healthy eating. We aim to provide nutritious food which meets children’s individual dietary needs.

* Before children attend the setting parents are asked to provide details of their children’s dietary needs, including any cultural and religious requirements and allergies. This information is requested on the children’s registration forms.
* Parents are asked to keep the Preschool updated with any changes in their children’s dietary requirements and allergies. Parents will be asked to sign the updated record to signify that this is correct.
* Current information about individual children’s dietary needs will be clearly displayed so that all staff and volunteers are aware of these needs. We will have a photographic display for children with dietary needs, which parents will have given written permission for.
* Children and parents will be involved in the planning of menus, and menus will be displayed for the information of parents.
* We are to provide healthy and nutritious food at all meals and snacks, which will avoid large quantities of fat, sugar, and salt and artificial additives, preservatives and colourings.
* Through discussions with parents, research reading by staff and getting information about the dietary rules of religious groups we aim to include foods from the diet of each of the children’s cultural backgrounds. We want to provide children with familiar foods and introduce them to new ones.
* Members of staff are encouraged to show sensitivity in providing for children’s diets and allergies, and not use their diet or allergy as a label for the child, or make them feel singled out.
* Meal and snack times are social occasions in which children and staff participate. We encourage children to develop independence through making choices, serving food and drink and feeding themselves. We provide children with utensils which are appropriate for their ages and stages of development.
* Food hygiene is included in induction and on the job training is available to all staff involved in the preparation and handling of food.
* If parents provide food for their children to eat at Preschool we will share information about healthy food options and suitable containers for food.
* We do not allow children to share and swap their food to protect children with food allergies. Parents are made aware when signing the Terms and Conditions that we operate a Nut Free Policy.
* We will notify Ofsted within 14 days if any food poisoning affecting two or more children looked after on the premises.

**Access of drinking water**

* Children and staff must have access to drinking water at all times throughout the day. Children will be able to serve themselves using a jug and cups available, and the water will be located where the children have easy access.
* Adults will monitor that children use clean cups each time, and cups are regularly washed in a dishwasher.