

St Oswald's Pre-school Food and Drink Policy

Policy Review

This policy will be reviewed in full by the owner and deputy manager annually.

The policy was last reviewed and agreed by the owner and deputy manager on **27th March 2018**

It is due for review on **27th March 2019** (up to 12 months from the above date).

Signature Date
Owner/Manager

Signature Date
Deputy Manager

Statement of Intent

This setting regards snack 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 times we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of the Statutory Framework for the Early Years Foundation Stage (EYFS).

Methods

- Before a child starts to attend the setting, we find out from the parents their child'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 child's dietary needs, including allergies are up to date.
- We display current information about individual child'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 parent's wishes.
- We inform parents of the snacks available via the information board on our parents table.
- We provide nutritious snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include food that children are familiar with and also introduce them to new foods.
- 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.
- We take account of dietary rules of religious groups, vegetarianism and vegans when providing food and drink.
- 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 age and development appropriate.
- We always have fresh water for the children. They are told how to help themselves and clear away after.