

Food and drink policy

Statement of intent

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

Aim

We aim to provide a healthy snack by offering children a selection of fresh/dried fruit and vegetables, rice cakes/bread sticks and a drink of water or milk.

Methods

- Before a child starts to attend the setting, parents are requested to provide information on the Personal Information Sheet about their children's dietary needs and preferences, including any allergies.
- 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 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 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.
- Our member of staff responsible for the preparation and handling of the snack has received appropriate Food Hygiene training.
- The setting purchases fresh, seasonal fruit during the week and prepares it as required for the children.

- 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. Children are encouraged to sit in small groups at a "snack table" and register that they have had their snack.
- We use snack times to help children to develop independence through making choices, sharing food and feeding themselves.
- We have fresh drinking water constantly available for the children. We encourage children to bring in their own named water bottle and they can ask for water at any time. For those children who are allowed milk is available to drink at the snack table.

This policy was adopted at a meeting of St Joseph's Pre-School Playgroup
Held on (date) 28th June 2010
Signed on behalf of the Management
Committee/Proprietor
Role of signatory (e.g. chairperson etc.)