



FOOD AND DRINK POLICY

Member of staff responsible	Caroline McKellar
Committee member responsible	Carrie-Ann Lewis and Louise Eite
Date agreed with staff	18 November 2010
Date agreed at Committee	18 November 2010
Signed on behalf of Committee	
Print name & date	
Frequency of policy review	Biennial
Date next review due	November 2011

Document Version Control

Issue Number	Issue Date	Summary of changes
1.0	September 2009	Checked against PSLA guidelines.
1.1	September 2009	Updated to reflect current practice
1.2	October 2009	Updated to reflect current practice and change in committee
1.3	November 2009	Small change under packed lunches
1.4	November 2010	Small change re allergy information, removal of wording re registration board and monitoring of snacks. Additional wording added re use of bottles

Statement of intent

Lydiard Millicent Pre-school regards snack and meal 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.

EYFS Key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

Aims

At lunchtimes, we aim to create a social occasion and to encourage children to develop healthy eating habits.

We promote healthy eating through providing fresh fruit and vegetables and water for snacks, in adequate quantities for children's needs. Food and drink is properly prepared and complies with dietary and religious requirements.

Procedures

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

- Before a child starts to attend Pre-school, we find out from parents whether their child has any specific dietary needs or allergies.
- We record this information in each child's registration record and parents sign the record to signify that it is correct. These records are up dated when we are advised of any additional information and parents sign the up-dated record to signify that it is correct.
- We display current information about individual children's requirements on the reverse of the cupboard door under the sink in the main classroom so that all staff and volunteers are fully informed. We check the displayed information to ensure that children aren't exposed to food to which they are allergic
- 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 require staff to show sensitivity in regard to children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or to make a child feel singled out.
- We organise meal times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children develop independence

- 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.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

Snacks

During each session, fresh fruit and vegetables are available for the children to eat as snacks. Children are able to help themselves to a snack or a drink at any time during the session. The snacks are laid out on a table and children eating a snack sit at the table to eat it. Children are not permitted to walk around with food or drinks. The children are reminded during the session that snacks are available.

Children are not permitted bottles of milk during pre school sessions.

Packed lunches

When children stay for lunch and bring a packed lunch, we:

- encourage parents to include 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 desserts such as yoghurt or crème fraîche;
- discourage sweet drinks and encourage 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. If a child's packed lunch regularly contains mostly these items, we will use healthy eating education to tactfully suggest healthier alternatives, without singling out an individual child
- provide children with cups and cutlery if required; and
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.