



## 11. Food and Drink Policy

### Statement of intent

Yaddlethorpe Pre-school regards snack times and lunch times as an important part of our sessional and daily routine.

### Aims

At snack times we aim to provide nutritious snacks and meet individual children's dietary needs.

### Methods

- Before a child starts to attend pre-school, 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 his / her registration record and parents sign the record to signify that it is correct. This record is updated as necessary.
- We display current information relating to individual children's dietary needs so that all staff and volunteers are informed about them.
- We plan menus for snacks in advance and display them to inform parents and children.
- We provide healthy and nutritious snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We take care not to provide foods containing nut or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- We pay special attention to the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans.
- We organise snack times and lunch times so that they are a social occasion in which children and staff participate.
- We use snack times and lunch times to help children develop independence through making choices, serving food and drink and feeding themselves.
- 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 at any time for a drink throughout the day.
- We provide whole pasteurised milk unless dietary requirements dictate otherwise.

### Packed lunches

- We inform parents of our healthy eating policy.
- We provide parents with information about healthy lunch box ideas.
- We discourage the sharing of foods and we stress to parents the importance of labelling the contents of their child's lunch box so as to prevent sharing and risk of allergic reactions.