



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. We have regard to the Early Years Foundation Stage nutrition guidance and the EYFS safeguarding and welfare requirements. Children are always supervised at meal and snack times by staff with a valid Paediatric First Aid certificate.

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 special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements.
- 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 including their photographs so that all staff and volunteers are informed about them.
- The staff member on snack duty is responsible for checking that the food being provided meets all the requirements for each child.
- We plan menus for snacks in advance and display them to inform parents and children.
- We provide healthy and nutritious snacks, we use snacks with low amounts of fat, saturated fat, sugars 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.

Safer Eating

- Children are always within sight and hearing of a member of staff whilst eating.
- We sit facing children while they eat so we can make sure they are eating in a way to prevent choking and so we can prevent food sharing and are aware of any unexpected allergic reactions.
- All children are seated while eating and where necessary some children will be seated in a low chair.
- Any choking incidences that require intervention will be recorded and parents/carers made aware, these records will be reviewed periodically and addressed to reduce the risk of choking where possible.

Packed lunches

- We inform parents of our healthy eating policy.
- Water or flavoured water is acceptable at lunchtimes, fizzy drinks are not allowed.
- We provide parents with information about healthy lunch box ideas and portion size.
- 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.
- Packed lunches MUST NOT contain nuts or nut products.
- Packed lunches MUST NOT contain other products in which an individual child may be allergic to and this will be cascaded to parents via regular newsletters or emails.
- We encourage packed lunches to be healthy and nutritious sweets are large chocolate bars are not allowed, crisps can be reduced by putting a few in a tub rather than a full packet.
- We ask parents to chop food up appropriately to prevent the risk of choking (eg in batons not chunks).
- We request than an ice pack is placed in the children's lunch bags to keep the pack up cool.