



## Isleham Preschool

3a Malting Lane Isleham Ely Cambs CB7 5RZ

2018 Version

1of2

### Food and Drink Policy

#### Statement of intent

Isleham Pre-School regard snack and meal times as an important part of the Pre-School day. Snack and lunch are social opportunities for children and help to develop appropriate table manners and promote healthy lifestyles and well-being. Our snack time is a 'rolling buffet' where children can access their snack throughout the morning. It is cleared for lunch-time and reinstated after lunch.

We aim to promote healthy eating and use a range of resources in order to enable children to understand more about food groups through play based and cooking activities.

Isleham Pre-School work in accordance with the Statutory Framework for the Early Years and Foundation Stage 2017

All members of staff are trained at Level 2 Food Hygiene; this is up-dated by the whole team of staff every 2 years. Nevertheless the themes within our curriculum promote making healthy choices.

#### Methods in place

- Before a child starts to attend the setting, we find out from parents their children'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 children's dietary needs - including any allergies - are up to date. Parents sign the up-dated record to signify that it is correct.
- 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' wish.
- 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.



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- 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 meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, washing hands, 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 for water at any time during the session.
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
- For children who drink milk, we provide semi-skimmed.

## Packed lunches

- We ask all of the families involved with Isleham Pre-School to provide a healthy snack and packed lunch. We make suggestions e.g. fruit and vegetables; this is mentioned in our newsletters. We understand that parents make their own choices; we work with them to get children to try new foods and to eat the healthier options in their lunch box first.
- Parents/Carers are informed of our Food and Drink policy and are reminded in the half-termly newsletter to provide their child/children with a healthy snack e.g. piece of fruit or vegetables.
- We discourage sweet drinks and provide children with water or milk.
- We provide children bringing packed lunches with plates and cups and cutlery if needed.

**Food Preparation** – Staff do not prepare and heat food for the children for snack or lunch time. It is the responsibility of parents to peel and or chop items such as grapes, carrots etc.

This policy was reviewed at a Committee Meeting for Isleham Pre-School on .....

Charperson/s.....Date.....