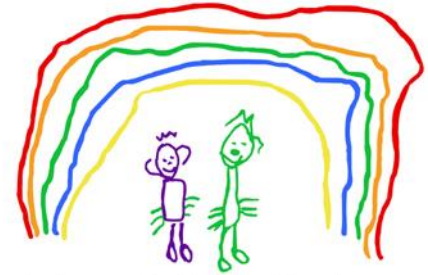


Food and Drink Policy



Magdalen Gates
Preschool

Statement of Intent

This preschool regards snack times as an important part of the preschool session. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote the good health of children.

Aim

At snack times, we aim to provide healthy, balanced and nutritious food, which meets the children's individual dietary needs and the full requirements of the EYFS.

Methods

- Before a child starts to attend the preschool, we find out from parents their child's dietary needs, including any allergies.
- We record information about each child's dietary needs in their 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 updated 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 which is consistent with their dietary needs and their parent's wishes.
- We provide nutritious food at all snack times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- Through discussion with parents and research 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 drink.
- 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 their diet or allergy.
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding

themselves.

- We organise snack times so that they are social occasions in which children and staff participate.
- We provide children with utensils which are appropriate for their ages and stages of development and which take into account the eating practices in their cultures.
- 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.
- We inform parents who provide food for their children about the storage facilities available in the pre-school. This is only for children who have allergies.
- For children who drink milk, we provide semi-skimmed pasteurised milk.
- Food hygiene matters are included in staff induction and training – appropriate staff hold a food hygiene qualification. Food scraps are composted in our garden.
- We provide a snack bar at the beginning of each session for those children who may require it.

Policy Updated July 2015