

# Food and Drink Policy



**Approved by:** Debra Thwaites

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# Food and Drink Policy

## Statement of intent

This school regards snack and meal times as an important part of the setting's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

## Aim

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of The National Standards for Day Care on Food and Drink.

## Methods

- 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 and parents sign the record to signify that it is correct;
- Child allergies are displayed in the kitchen for staff to see – all staff are notified;
- 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' wishes;
- We plan breakfast and snack in advance.
- We provide nutritious food avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings;
- We include a variety of foods:
  - Dairy foods;
  - Meat and meat products
  - Grains, cereals and starch vegetables and

- Fruit and vegetables.
- 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;
- We take care not to provide any 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;
- 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, serving food and drink and feeding themselves;
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of 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 help themselves at any time during the session/day;
- In accordance with parents' wishes, we offer children arriving for Breakfast Club an appropriate meal;
- We inform parents who provide food for their children about the storage facilities available in the setting;
- We give parents who provide food for their children information about suitable containers for food;
- 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 pasteurised milk using the Cool Milk Scheme.

## **Staff Training**

- Staff preparing breakfast and snack will have a current Food Hygiene certificate.

### **Packed Lunches**

- Packed lunches are stored in a cool place;
- We encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fresh (petit filou). We discourage sweet drinks and can provide children with water, milk or diluted fresh fruit juice;
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;
- We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

### **Food Purchasing**

- Food purchased for breakfast and snack will be obtained from reputable suppliers and will be delivered to the premises under appropriate conditions (i.e. cold storage for meat and dairy products).
- Semi skimmed milk is provided using the Cool Milk scheme.

Debra Thwaites  
15<sup>th</sup> September 2021