



## Food and drink

### Policy statement

We regard snack and lunch times as an important part of our day. Eating represents a social time for children and adults, and helps children to learn about healthy eating. At snack times we aim to provide nutritious food, which meets the children's individual dietary needs.

### Procedures

- Before a child starts to attend the preschool, we ask parents about their dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in the registration form and parents sign the form to signify it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs- including allergies are up to date. Parents sign any updated records to confirm they are correct.
- We display current information about children's dietary needs so that all our staff and volunteers are fully informed about them.
- We implement systems to ensure that children only receive food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.
- **We do not provide cooked meals or reheat cooked foods.**
- We organise lunch and snack times so that they are social occasions in which children and adults participate.
- We take care not to provide foods containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts.
- We use lunch and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children bringing packed lunches with plates, cups and age appropriate cutlery.
- 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 day.
- During the session we provide healthy snacks (e.g. crackers, fruit and vegetables) and drink (milk and water).
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- We provide semi-skimmed milk for children aged 2 years and older.



## Packed Lunches

- Parents are informed that they should provide a packed lunch if their child is staying for lunch. Hot lunches must be provided in a food flask as we cannot reheat cooked food.
- The Play Cabin is a '**nut-free zone**'. Parents/ carers **must not** send their child in with any food or snacks containing nuts. Any items containing nuts will be removed from the packed lunch and returned to the parent/carer at the end of the day.
- We encourage all parents to provide a healthy lunch.
- We discourage packed lunches that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes and biscuits.
- Packed lunches are stored in a cool place; un-refrigerated food is served to children within 4 hours of preparation at home.
- We will ensure perishable contents of packed lunches are refrigerated to keep food cool.
- Our staff will sit down and eat their lunch with the children so that the mealtime is a social occasion.
- Our staff will supervise and support children by feeding them when necessary, but we cannot force children to eat.

## Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.