



## Food and Drink Procedure

Ditton Church Pre-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.

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 EYFS, ensuring that where children are provided with meals, snacks and drinks they must be healthy, balanced and nutritious. The Pre-School kitchen area is adequately equipped to provide healthy snacks and drinks for children as necessary.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. Parents are required to complete a comprehensive care plan for any allergies or medical needs
- We record information about each child's dietary needs in her/his registration record.
- 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 menus in advance, taking into account children's preferences and displaying the menus of meals/snacks for the information of parents
- We provide nutritious food at all snack times, avoiding large quantities of saturated 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
- 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
- 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



- In some sessions, children bring a packed lunch with them. We request that parents encourage healthy eating when preparing their lunch boxes and avoid items containing nuts
- We use meal and snack times to help children to 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 for water at any time during the session/day
- 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 milk
- A number of Pre-School staff have undertaken Local Authority Food Safety Training. Other staff have been trained 'in house'

**This policy was approved by the:** Ditton Church Pre-School Management Committee

**Date:** June 2023

**Signed on behalf of the Management Committee:** .....

**Role of signatory:** Chair of Management Committee

**Next review date:** June 2025