Manea Pre-school

Food and drink policy

At Manea Pre-school we regard snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

At snack and meal times, we encourage families to supply nutritious food, which meets the children's individual dietary needs. We aim to meet the Safeguarding and Welfare Requirements, the Statutory Framework for the early year's foundation stage and the guidance set out by the DFE EYFS nutrition guidance.

Methods

1 Before a child starts to attend the setting, we find out from parents/carers their children's dietary needs and preferences, including any allergies or intolerances.

2 We ask parents/carers to record information about their child's dietary needs in their 'All about me' forms before the child starts with us.

3 At our initial visit we discuss with parents and carers the importance of a healthy diet and inform them that we ask for nutritious food rather than items that do not follow our policy.

4 We regularly consult with parent/carers to ensure that our records of their children's dietary needs - including any allergies - are up to date.

5 We sensitively display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.

6 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 parent/carers wishes, that are also in line with the statutory framework for the early years foundation stage and the nutritional guidance set out by the Department for Education.

7 We ask for nutritious food to be supplied at snack and lunch times, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.

8 Where we supply food 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.

9 We are part of a 'nut free school' and 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.

10 Through discussion with parent/carers and research, we obtain information about the dietary rules of the religious groups to which children and their parent/carers belong, and of

vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks

11 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.

12 We organise meal and snack times so that they are social occasions in which children and staff participate.

13 We use meal and snack times to help children to develop independence through making choices, pouring milk, feeding themselves and the opportunity to wash their dishes.

14 Where necessary 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.

15 We ask parents/carers to supply a bottle with water in and this is re-filled as necessary during the session.

16 Juice and flavoured water is not allowed at pre-school. This is discussed at the initial visit and where families are using these at home we advise that they start diluting it in preparation for starting pre-school.

17 We inform parent/carers who provide food for their children about the storage facilities available in the setting and encourage the use of a cool pack in lunch boxes.

18 In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.

19 Where a child has an airborne food allergy that could lead to anaphylaxis we aim to ensure that item is not within pre-school and with parent/carer permission will ask other families to ensure this item is not brought in. The child's safety is paramount and will take precedence over preferences of other families.

20 For children who drink milk, we provide semi-skimmed pasteurised milk or will accept other milk items where appropriate.

Packed lunches

As the setting cannot provide cooked meals, the children are required to bring packed lunches, we:

1 Inform parent/carers of our food and drink policy, including the information on healthy eating.

2 Provide children bringing packed lunches with plates, cups and cutlery if needed.

3 Ensure enough staff sit with the children to eat their lunch so that the mealtime is a social occasion and children are safe.

4 Ensure one member of staff sits at all times while there are any children eating.

5 We follow the requirements set out in the Statutory framework for the early years foundation stage and also follow the Early Years Foundation Stage nutrition guidance and encourage all

families to provide nutritious and balanced meals.

6 Where families struggle with providing nutritious food we aim to sensitively approach them and offer help and support.

If there is a case of food poisoning within the setting Ofsted is to be notified immediately.

Useful links:

https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2

https://www.gov.uk/government/publications/early-years-foundation-stage-nutrition

https://www.gov.uk/government/publications/the-eatwell-guide