

Banwell Buddies Food and Drink Policy

Statement of Intent

We regard snack and meal 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. We comply with food safety and hygiene regulations when storing and preparing food.

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 within the Statutory Guidance of the Early Years Foundation Stage (Welfare Requirements, Safeguarding)

Method

We follow the procedures below to promote healthy eating in our setting.

- Before a child attends, we find out from parents their children's dietary needs including any allergies.
- We record information about each child's dietary needs in her/his 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.
- We display current information about individual children's dietary needs in the kitchen and main room 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.
- Where there is a medical reason for a special dietary requirement we will provide the food and drink. However if it is through parental choice for example, an experimental diet such as vegan that has not been requested by a GP, then parents/carers will be required to provide the food and drink.
- We provide nutritious food at snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of fresh fruit and vegetables for pre-school morning and afternoon snack
- 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.
- 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 ensure snack times 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.

information to all staff members.

- All surfaces are clean and non-porous.
- There are separate facilities for hand-washing and for washing up.
- Food is probe tested to ensure it has reached sufficient temperature before serving.

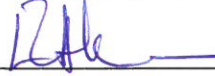
This Policy was adopted at the meeting of:

Banwell Buddies

Held on:

5th April 2017

Signed on behalf of the Committee:



Role of Signatory:

Chair of Management Committee

Last update: 18.04.2017