



Food and Drink Policy

Policy statement

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

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting we ask parents about the child's needs and preferences including any allergies. (see the managing children who are sick infection or with allergies policy)
- We record information about each child's dietary requirements 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 child's dietary needs – including any allergies are up to date. Parents sign the undated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all our 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 provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar, salt and artificial additives, preservatives from the four main food groups:
- we include foods from the four main food groups:
 - meat, fish and protein alternatives
 - dairy foods
 - grains, cereals and starch vegetables
 - 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 food containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading we obtain information about the dietary rules of religious groups to which children and their parents belong. We also include vegetarians, vegans as well food allergies. We take into account of this information in the provision of food and drinks.
- We show sensitivity in providing for children's diets and allergies. We do not use a child's diet or allergy as a label for the child. We will not make the child feel singled out because of their diet or allergies.
- We organise meal and snack time so that they are social occasions in which children and adults 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 we take into 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 ask for water at any time during the day.
- We inform parents who provide food for their children about the storage facilities available in our setting.
- We do not have the option of providing meals at Tiny Feet. The children bring in a packed lunch.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- We provide the option of milk or water at snack time, with a selection of fruits, cheese, crackers, breadsticks or houmous.

Packed lunches

Where we cannot provide cooked meals and children are required to bring in packed lunches.

- We ensure perishable contents are packed lunches are refrigerated or contain an ice pack to keep food cool. Unfortunately we do not have enough room in the fridge to store every child's lunch box.
- Inform parents of our healthy eating policy
- Inform parents of whether we have the facilities to microwave cooked food from home.

- Encourage parents to provide sandwiches with a healthy filling, fruit and milk based desserts, such as yogurt or crème fraiche. We discourage sweets drinks and chocolate.
- Discourage packed lunch contents that consist of largely crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. If we feel a child's lunch box we may talk to the parent about a few healthy options/ideas.
- Ensure that adults sit with the children to eat their lunch so that the mealtime is a social occasion.

Legal framework

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

Signed on behalf of Tiny Feet Preschool _____ date: _____

Name of signatory _____

Role of signatory _____

