



TCC Christian Pre-school

Food and Drink Policy

Pre-school regards snack time as an important part of the session as it represents a social time for children and adults and helps children to learn about healthy eating. At the snack bar we aim to provide nutritious food which meets the children's individual dietary needs and meets the requirements of Ofsted's Care Standards on Food and Drink (standard 8) which states that "children are provided with regular drinks and food in adequate quantities for their needs. Food and drink is properly prepared, nutritious and complies with dietary and religious requirements".

Procedures

We follow these procedures to promote healthy eating in our setting

- Before a child starts at pre-school we find out from the parents/carers any dietary needs including allergies.
- We record information about each child's dietary need in their registration record and parents sign the record to signify that it is correct.
- We display current information about individual children's dietary needs so all staff and volunteers are fully informed.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parent's wishes.
- We plan menus in advance.
- We provide nutritious healthy food for snacks.
- We display the menu of snacks for the information of parents/carers.
- 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.
- Through discussion with parents and research by staff we obtain information about dietary rules of the religious groups which children and their parents belong and of vegetarians and vegans and about food allergies. We take this information into account when providing food and drink.
- 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 the child feel singled out because of their diet or allergy.
- We organise the snack bar so that they are social occasions in which children and staff participate.
- We use the snack bar to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils which are appropriate for their ages and stages of development and which take into account the eating practices of their cultures.
- We have fresh drinking water constantly available for the children. We inform children about how to obtain water and that they can ask for water at any time during the session.
- We have rules about children sharing and swapping their food with one and other in order to protect children with food allergies.
- We provide milk or water.

Packed lunches

For children who attend two sessions in one day we provide a lunch club and children are required to bring a packed lunch. We:

- Inform parents/carers of our policy on healthy eating.
- Encourage parents/carers to provide sandwiches with a healthy filling, fruit and milk based desert such as yogurt or crème fraiche and a drink. We discourage sweets/chocolates and peanut butter (due to allergies) and request fruit such as grapes are cut up.
- Ensure staff sit with children to eat their lunch so that lunch time is a social occasion.

Legal Framework

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

Further guidance

- Safer Food, Better Business (Food Standards Agency 2011)

Other Useful Pre-school Learning Alliance publications

- Nutritional Guidance for the Under Fives (2009)
- The Essential Early Years Cookbook (2009)

1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development
---------------------------	--	---	--

SignedManager

Date.....