

## St Margaret's Nursery and After School Club - Food and Drink Policy

### **Statement of intent**

This setting 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.

### **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 of the Early Years Foundation Stage.

### **Methods**

We follow the obligations under the Food Safety Act 1990. All staff that either handle or prepare food has an up to date food handling certificates and are fully trained in food storage, preparation, cooking and food safety.

Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, 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. Parents sign the up-dated record to signify that it is correct.

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 provide nutritious food at all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.

We include a variety of foods from the four main food groups: meat, fish and protein alternatives; dairy foods; grains, cereals and starch vegetables; and 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 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 provide a vegetarian alternative on days when meat or fish are offered and make every effort to ensure Halal meat or Kosher food is available for children who require it.

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.

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.

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.

We inform parents who provide food for their children about the storage facilities available in the setting.

We give parents who provide food for their children information about suitable containers for food.

We inform parents on what their child has eaten during their time at the setting.

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 whole pasteurised milk.

We encourage children to eat and drink during their time in the setting, no child is ever forced to eat or drink against their will.

### *Packed lunches*

We:

- ensure perishable contents of packed lunches are refrigerated;
- inform parents of our policy on healthy eating;
- inform parents of whether we have facilities to microwave cooked food brought from home;

- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based
- deserts such as yoghurt or creme fresh (petit filou) where we can only provide cold food from home. We discourage sweet drinks and can provide children with water or diluted fresh fruit juice;
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

### **After School Club**

The After School Club follow the above methods.

The After School Club provides children with a snack and a fully cooked meal. The After School Club provide menu's on a four weekly rota and work the menu's to differ from the school menu. The menu's take into consideration the children's allergies, dietary requirements and their likes and dislikes.

The After School Club work closely with the parents and children when planning the menu's.

This policy was adopted at a meeting of \_\_\_\_\_

Held on (date)\_\_\_\_\_

Signed on behalf of the  
Management Committee/Proprietor \_\_\_\_\_

Role of signatory (e.g. chairperson etc.)\_\_\_\_\_