



FOOD AND DRINK POLICY

Statement of intent

Teston and Wateringbury Preschool regards snack time and lunchtime (for those staying for a full day session) as important parts of the pre-school's session. Eating represents a social time for children and adults and helps children to learn about healthy eating.

As part of our registration process, we find out from parents about children's dietary needs, preferences and allergies – see **Appendix 1**.

Refreshments

1. The morning snack changes daily. They are healthy and nutritious and include fresh fruit from our local farm shop in Teston.
2. The Pre-school doesn't serve sweets or chocolate as a mid morning snack, although we do serve cupcakes to the children when celebrating a birthday.
3. If a child's food allergy is known, the Pre-school will ensure that the food is not eaten and a substitute food will be found.
4. The Pre-school group maintains a NUT free environment and expects families to abide by this.
5. We do not serve snacks with a high salt, sugar or fat content and we minimise the use of food containing additives, preservatives and colourings.
6. Milk or water is available for every child at morning snack time. Fizzy drinks are not permitted. Fresh drinking water is available at all times.
7. The Pre-school believes that the Staff should join the children during snack time to encourage good eating habits and help social development, conversation etc.
8. The children are given time to enjoy their refreshment in a relaxed atmosphere.
9. The Staff/Key Person will notify the Parents of any change in a child's normal eating habits.
9. All staff maintain high hygiene standards when preparing refreshments – **see also 'Hygiene' in the HEALTH, HYGIENE AND SAFETY POLICY.**
10. Daily food and drink that is available is highlighted to families via our café notice board.
11. All staff in the setting have completed training in basic food hygiene training.

Lunchboxes

For those attending full day sessions, lunchtime will be another important learning opportunity. We want to encourage all children to interact socially, to increase their confidence and to learn about the importance of healthy eating and hygiene as part of our lunchtime routine.

1. We work in partnership with parents to ensure that the cultural and dietary needs of children are met.
2. All children staying for a full day session should be provided with a lunchbox clearly labelled with the child's name. It is recommended that children are given easy to open packets and storage boxes to boost their confidence at lunchtime.
3. Parents/carers are advised to include ice packs in lunchboxes (or something similar) during warm weather.
4. Chocolate snacks and fizzy drinks are not permitted in lunchboxes. If drink containers are provided these should also be clearly labelled with the child's name.
5. Fresh drinking water is always available to every child throughout the day in addition to any drink they have in their lunchbox.
6. Children will eat their lunch together with staff members to encourage social interaction.
7. Although we generally encourage a sharing attitude at pre-school, children will not be allowed to share their lunch with anyone else. We will tell children that food must not be shared because parents need to see how much food they have eaten but most importantly because of possible food allergies.
8. Staff will notify parents/carers of any change in a child's regular eating habits.
9. We actively encourage parents/carers to provide children with healthy lunchboxes. If parents/carers would like more advice about healthy eating, keeping food safe and menu ideas for lunchboxes, the Food Standards Agency website contains lots of tips [www.gov.uk/government/publications/the-eatwell](http://www.gov.uk/government/publications/the-eatwell-guide) **guide**

Refer also to:

HEALTH, HYGIENE AND SAFETY POLICY

Appendix 1

5. SPECIAL DIETARY REQUIREMENTS/PREFERENCES/ALLERGIES

Break time: At break time the children receive a drink (milk or water), a biscuit and some fruit. When we are celebrating a child's birthday we provide all the children with a small fairy cake instead of a biscuit.

Please tick your child's preferred drink: **MILK** **WATER**
NB. Other drinks are not permitted

Please advise us of any other special dietary requirements or preferences (if applicable)

Does your child have any dietary allergies? If so, please give details
