

# Food and Drink Policy

## Statement of intent

Snack and meal time 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 time and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the early year's foundation stage requirements, Warwickshire food standard agency requirement and the health and safety policy by following these strategies,

- All our staff handling food have food and hygiene training and regularly update their knowledge and understanding.
- 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. A copy of all dietary requirements and food allergies is displayed in the staff room and the kitchen.
- We consult with parents and staff to ensure that our records of their children's dietary needs - including any allergies - are up to date.
- 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'/cultural/religious needs
- We display the menus of snacks for the information of parents.
- We buy our food weekly from: Tesco, Iceland, Asda, and the local shops occasionally,
- All snacks are prepared in the Food preparation area or in the kitchen, by a member of staff
- We have a restriction on allowing nuts or food that contain nuts due to potential incident of a nut allergy, even though the parent may not be aware or have not noticed any signs of allergy in the past. If any lunch boxes contain nut products, they are sent home unopened. Our staff are especially vigilant when a child is known to have an allergy to nuts.
- 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 use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves ( depending on the child's age and stage of development)

- 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 packed lunch for their children about the storage facilities available in the setting.
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
- Milk. And water is made available at lunch and snack times,

**Packed lunches**

- Inform parents that we encourage healthy eating at within our Nursery.
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt.
- Work alongside parent and local authority to promote healthy packed lunches
- were possible we encourage staff sit with children to eat their lunch so that the mealtime is a social occasion.

**Hygiene,**

- We ensure precautions are followed to ensure the risk of cross infection in minimised by disinfecting the table before and after the food is prepared,
- Children wash their hands before every meal and snack
- A separate food table cloth is used every meal/snack time and put away after snack/ meal times.
- all children are encouraged with support to clean their self’s appropriately (depending on their age) with damp cloth or wipes after their finish with their food.
- Protective clothing is worn in accordance o the food safety standard, food are prepared in accordance to the food and safety standard.

Management sign.....

Date.....