



Ripponden Pre-school: Food and drink/ Healthy Eating policy (p 1 of 2)

Statement of intent

This pre-school regards snack and meal times as an important part of the pre-school's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs. We encourage parents to provide a healthy, nutritious packed lunch, which does not contain sugary snacks or drinks. We aim to meet the full requirements of the Statutory Framework for Early Years Foundation Stage – Safeguarding and Promoting Children's Welfare – 2.

Methods

- Before a child starts to attend the pre-school, we find out from parents their children's dietary needs, 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 which is consistent with their dietary needs and their parents' wishes.
- We provide nutritious food for snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- 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 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 which are appropriate for their ages and stages of development and which 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 pre-school.
- We give parents who provide food for their children information about suitable containers for food.
- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
- We inform parents/ carers of any meals provided, such as party food, baking or cooking activities, informing parents of the ingredients.
- For children who drink milk, we provide semi-skimmed and pasteurised milk.
- We provide parents/ carers with information about healthy eating, along with suggestions for lunch boxes and also government advice about nutrition. Snack suggestions for lunch boxes are; Cheese, fruit, yogurt, breadsticks, vegetables, rice cakes.
- We cover themed learning weeks which include Healthy Eating and Oral Health.

This policy was adopted at a meeting of Ripponden Pre-school Committee
Held on 10 July 2007

Review September 2016 Signed.....Chair



Be Healthy

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