

6.5 Food and drink

Policy statement

We consider snack and meal times as an important part of our day, providing opportunities for social interaction between children and adults, and helping children to learn about healthy eating. Children are provided with healthy snacks including fruit, raw vegetables, salad, toast and occasionally biscuits. They are allowed water or milk to drink.

Children may ask a member of staff for a drink of water whenever they wish. Tap water is always available in the hall and in the garden on warm days.

Procedures

We follow these procedures to promote healthy eating in our setting.

- Dietary requirements are noted on registration forms, Learning Journals, and on the kitchen Notice Board. Staff must refer to this list before any cooking activities, food tasting, etc.
- If a child is on a special diet, ie wheat free, parents are asked to bring in a special snack, which is named and kept in a specially labelled box in the Medical cupboard.
- Anaphylaxis- Training is provided for all staff before the child begins at the setting, and the procedure is reviewed at the start of each half-term. The child's Epipen, photo, tel. nos. and a pen are kept in a labelled box with instructions, in the Medical cupboard.
- We organise lunch and snack times so that they are social occasions in which children and adults participate.
- To limit the risk of choking on food, snacks such as tomatoes, grapes and raw vegetables should be cut into small pieces. Nuts and marshmallows must not be given at Pre-school.
- Parents are advised on types of healthy food to include in lunch boxes and must not send in sweets or anything containing nuts. Raw vegetables should be cut into small pieces and tomatoes, olives, and grapes should be quartered. Children are encouraged to be independent in organising their lunches and in eating healthily.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.