



Food and drink policy

Statement of intent

We regard snack and meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We comply with food safety and hygiene regulations when storing and preparing food.

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 within the Statutory Framework of the Early Years Foundation Stage

Method

We follow the procedures below to promote healthy eating in our setting.

- 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 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.
- We display an example of snacks for the information of parents/carers.
- 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.
- We organise snack times so that it is a social occasion in which children participate.
- We use snack time to help children develop independence through making choices.
- We have fresh drinking water constantly available for the children.
- We inform parent/carers who provide food for their children at parties about the storage facilities available in the setting.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide semi skimmed milk. All food and drink is stored appropriately.
- Adults do not carry hot drinks through the play area and do not place hot drinks within reach of children.

- Children do not have unsupervised access to the kitchen.
- All surfaces are clean and non-porous.
- There are separate facilities for hand-washing and for washing-up.

Lunch Club

- Children provide their own labeled lunch boxes which contain a cool pack
- Lunch boxes contain no fizzy drinks or chocolate

Signed: _____

Policy Date: _____

Review Date: _____