



Hail Weston Pre-School, The Village Hall, High Street, Hail Weston, Cambs. PE19 5JS, Tel: 01480 214574

Food and drink policy

Policy statement

Hail Weston Pre-School (HWPAG) regards snack time and lunch time as an important part of our session. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating seeking guidance from the NHS start 4 life website and use various resources and materials to support this guidance. At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs some of which is brought in by the parents. Children bring in a packed lunch and we encourage parents to provide this in line with our healthy eating ethos.

Procedures

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

- Before a child attends the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children with Allergies policy.)
- We record all information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- Parents liaise with staff 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 on the drop down file next to the kitchen hatch so that all staff and volunteers are fully informed about them.
- We ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We plan snacks (and party food) in advance, involving children and parents in the planning.
- We provide nutritious food for all snacks, avoiding sugar and salt and artificial additives, preservatives and colourings, where possible.
- We include a variety of foods:
 - dairy foods;
 - grains, cereals; and
 - fruit and vegetables.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We are vigilant 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.
- Where a child has a life threatening allergy to a food and requires an epi pen then during their time at the preschool we will not provide foods that contain or may contain this food where possible.
- 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 snack as a rolling snack so that children are able gain an understanding of their own eating and drinking needs and to develop independence through making choices, self-selecting food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that 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 day.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- In order to protect children with food allergies, we do not allow the sharing and swapping of their food with one another.
- For children who drink milk, we provide semi-skimmed milk.

Packed lunches

At HWPAG if children stay to Lunch Club they are required to bring in packed lunches, we:

- ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
- inform parents of our policy on healthy eating;
- encourage parents to provide a main savoury course, fruit, and milk based deserts such as yoghurt or crème fraîche. We discourage sweet drinks and can provide children with milk or water,
- encourage children to eat their main savoury course, vegetables or other savouries before eating their deserts such as yoghurt or cereal bars.
- provide children, bringing packed lunches, with plates, cups and cutlery when required; and
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

This policy was adopted at a committee meeting of HAIL WESTON PRE-SCHOOL ACTIVITY GROUP held on January 2020

Date to be reviewed: January 2021

Signed on behalf of the Management Committee:.

Lizzie Spear

Signatory:.....

Role of signatory: Chairperson