



Little Pips Pre-School
At the Camden Centre

Care and Education for 2-5 year Olds

Food and Drink policy

Statement of intent

Little Pips Pre-School at The Camden Centre regards snack and meal times 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. Little Pips Pre-School at The Camden Centre strives to meet the outcomes for helping children to be healthy.

Aim

At snack and meal times, we encourage parents and carers to provide healthy, nutritious food for their child(ren). We aim to support families understanding of healthy eating for the benefit of their children's long term health and attitudes to a healthy lifestyle. We aim to be inclusive in our practice to ensure children with allergies are both protected from allergens and share in all daily routines and activities with their peers. Also, we aim to embrace the customs and beliefs of all families attending the pre-school.

Methods

- 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.

- 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 that is consistent with their dietary needs and preferences as well as their parents' wishes.
- Parents and carers are advised the Little Pips Pre-School is a "Nut Free Zone". Children's snack and lunch boxes are monitored to ensure that care no food containing nuts or nut products are included. We are especially vigilant where we have a child who has a known allergy to nuts.
- 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 which may be included in any learning and development activities which are planned as part of the Curriculum.
- We require staff to show sensitivity in recognising 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, encouraging them to feed themselves appropriate to their age and stage of development.
- 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.
- Children are required to bring their own named water bottle filled with water. This is kept available for each child on the "Water Bottle" table within their Key Group basket.
- We have fresh drinking water from the mains tap source 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.

- Children arriving early in the morning - and/or staying late - are required to bring an appropriate snack(s).
- We inform parents who provide food for their children about the storage facilities available in the setting. There is sufficient space in three fridges to store lunch boxes for the number of children attending.
- We give parents who provide food for their children information about suitable containers for the food that they supply.
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
- For children who drink milk, we provide semi-skimmed pasteurised milk through the National Milk Scheme. This is offered to children at morning and afternoon snack time.
- The milk is delivered every other day and stored in the fridge at the appropriate temperature.
- We inform parents about up to date information on healthy eating for pre-school children and healthy options for lunch boxes.
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We will work with parents to suggest healthy food that can be sent in lunch boxes
- provide children bringing packed lunches with plates and cups and cutlery; and
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

This policy was adopted at a meeting

of Little Pips Pre-School

Held on (date)

Signed on behalf of the Management Committee

Chairman

Review Date:
