

# FOOD AND DRINK POLICY

## Statement of Intent

This Pre-school regards snack and lunchtime as an important part of the sessions. Eating represents a social time for children and adults and helps children to learn about healthy eating.

## Aim

At snack we provide nutritious fresh food, which meets the children's dietary needs. At lunch, we encourage parents to do the same. We aim to meet the full requirements of Ofsted's Welfare Requirements on Food and Drink and are registered with the Local Authority to provide food and drink on our premises.

## Methods

- Before a child starts to attend the Pre-school, we find out from parents their children's dietary needs, including any allergies.
- We provide information about the **allergenic ingredients** used in any food that the children may play with or be used in a learning activity.
- We request from parents and record information about each child's dietary needs in her/his registration record.
- We regularly consult with parents to ensure that our records of the children's dietary needs – including any allergies – are up-to-date. Parents sign to confirm the information held is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- Children should not be brought into Pre-school while they are eating, to prevent any dropped food contaminating the area.
- We have fresh drinking water constantly available for the children. Only water and/or milk is on offer to the children during snack time.

## Snack Time

- Snack time starts at approximately 10.30 am in the morning session and 1.30 pm in the afternoon session. It takes place on a rolling basis with small groups of children being invited to wash their hands and sit at the snack table with a member of staff.
- We use snack times to help children to develop independence through making choices, preparing food and drink and feeding themselves.
- We have strict rules about children sharing and swapping their food with one another in order to protect children with food allergies.
- For children who drink milk, we provide semi-skimmed pasteurised milk. This is delivered three times a week and is kept in the fridge.
- We organize snack times so that they are social occasions in which children and staff participate.

## **Lunchtime Sessions**

### **Our Aim**

To provide a caring, safe and fun environment, with high quality supervision for children whilst they eat lunch for a half hour period between 12 and 12.30 pm.

### **The Purpose**

- To provide children with an opportunity to develop independence and sociability around eating.
- To support a child's preparation for school, where lunches are provided/taken in and children sit together to eat within a certain timeframe.
- To provide extended care-preparing children for the initial school hours; allowing parents/carers greater working or home time flexibility.
- To allow us to remain a realistic childcare option for working parents/carers, due to our flexibility and childcare style.

### **Our Offering**

- To run between 12 pm and 12.30 pm.
- Children to bring their own packed lunch, the contents of which must adhere to Pre-school food guidelines (see below).
- There will be a minimum of 2 staff on each shift.
- A minimum of 1 staff member per lunch session to have a valid Food, Health and Hygiene Certificate.
- A minimum of 1 staff member per lunch session to have a childcare qualification.
- Staff: child ratios to match or better County recommendations for Lunch Clubs of 1:8.
- Sessions to be paid for in advance, with flexibility for cash-on-the-day payments for last minute bookings, dependant on space.

### **The Practicalities**

- Children staying for lunch will be invited to wash their hands as the morning only children are collected.
- Children arriving at midday for lunch will be invited to wash their hands.
- The children will then collect their named lunch box from the crates in which they are kept (un-refridgerated), closely monitored by the lunch staff to ensure the correct lunch box is taken, and take a seat at the table. In busy periods the lunch boxes will be put out on the tables by the staff and the children directed to their lunchbox.
- Most packaging/leftovers will be sent home so parents can see what has been consumed.
- Once a child has finished his/her meal and the lunch box is packed away, they may join in with the afternoon activities.

**Pre-school Food Guidelines**

- Lunch boxes, drink bottles and bags should be clearly named.
- Lunch boxes will be stored in a box in the kitchen – this is not refrigerated, we therefore recommend that picnic ice packs are placed in with your child’s food.
- To take into consideration any allergies, no nuts (including peanut butter), to be in any lunch bag. (Parents will be notified of any updates to exclude items regarding food allergies as they occur.)
- Parents to consider a healthy, balanced meal for their child – there are some great websites # and books for ideas on healthy packed lunches.

# <http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx>

[www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org)

This policy was agreed and adopted at a Committee Meeting held on	
Signed .....	For and on behalf of Marlow Bottom Pre-school CIO

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