

Little Frogs Pre-School

Food & Drink Policy

This pre-school regards snack times as an important part of the pre-school's session. Eating represents a social time for children and adults and helps children to learn about healthy eating. Aim At snack times, we aim to deliver nutritious and appealing food, which meets the children's individual dietary needs

This Policy and the provision's practices will be reviewed periodically and kept up to date in accordance with any changes in legislation.

Policy Approved By:  Date: 30/4/15

(On Behalf of the Management Committee of Little Frogs Pre-School)

Methods

- Before a child starts to attend the pre-school, we find out from parents their children's dietary needs, 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 implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
- 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 ask parents to provide crackers or breadsticks to contribute to the healthy snack that we provide during preschool morning and afternoon sessions.
- We will ensure safe and correct storage of food including checking of fridge temperature
- We organise snack times so that they are social occasions in which children and staff participate.
- We encourage children to wash their hands before eating
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- 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 session/day.

- We discourage children sharing and swapping their food with one another in order to protect children with food allergies and cross infection between themselves.
- For children who drink milk, we provide semi skimmed and pasteurised milk.

Packed lunches

Children who bring in packed lunches, we:

- Inform parents of our policy on healthy eating;
- Encourage parents to provide sandwiches with a healthy filling and fruit. We discourage fizzy drinks and can provide children with water or milk;
- Discourage packed lunches containing sweets/chocolate and nuts or nut products.
- Are unable to heat food for the children.

We would notify OfSTED of any food poisoning on the premises affecting two or more children within fourteen days of the occurrence.