

FOOD AND DRINK POLICY



Pre-school Playgroup

Rationale

At River Pre-School Playgroup we believe it is essential to provide children with positive healthy eating experiences in order to promote their wellbeing. We respect the different dietary, cultural and health needs of all our children. At snack time we aim to provide nutritious food, which meets the children's individual dietary needs.

Implementation

- Before a child starts to attend the setting we find out from the parents/carers the child's dietary needs and preferences including any allergies. This is recorded by the parent on the child's registration record and the information displayed in the snack area for staff and volunteers. We consult with parents/carers to ensure these records are up to date. Parents sign the up-dated record to signify that it is correct.
- We ensure that staff sit with the children to eat their snack and lunch so that the mealtime is a social occasion, and use these times to help children develop independence through making choices and serving food.
- We encourage healthy eating by informing parents of our healthy eating policy and by providing fruit and healthy snacks, water and pasteurised milk for those children who drink it
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another. We have a no peanut butter policy.
- Fresh drinking water is always available and we inform the children about how to obtain this and that they can ask for water at any time during the day. We encourage children to help themselves to water, either with support or individually and we support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.
- We have a trained Food Safety Officer who inducts new members of staff in Safe procedures for food preparation and storage at the Pre-school.
- Where children bring in their own lunch, we encourage parents to provide healthy lunches, and inform them of our storage arrangements, advising them to use ice-packs to keep the lunches fresh and safe to eat.

This policy was adopted at a meeting of River Pre-school Playgroup, held on:

_____ **(date)**

Signed by the chairperson on behalf of the pre-school

Justin Simpson