



FOOD & DRINK POLICY

SMARTIES PRE SCHOOL & OUT OF SCHOOL CLUB

POLICY STATEMENT

We regard snack and meal times as an important part of our day. Eating represents a social time for children and adults, and helps children to learn about healthy eating. We promote healthy eating using resources and materials from the Pre-school Learning Alliance and Government initiatives. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures

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

- Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.) We record information about each child's dietary needs in the Registration Form and parents sign the form 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 updated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all our staff and volunteers are fully informed about them. These are located on the staff toilet door and kitchen cupboard door.
- 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.
- We provide nutritious food for our snacks.
- We take care not to provide food containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts. We are a nut free setting.
- Through discussion with parents and research reading, we obtain information about the dietary rules of religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
- We show sensitivity in providing for children's diets and allergies. We 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 adults participate.
- We use meal and snack times to help children to develop independence through making choices, serving 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.
- In accordance with parents' wishes, we offer children at our Breakfast Club, a light breakfast, children at our preschool, a morning snack, and children attending our Out of School Club, an appropriate snack on entry and dinner if they have been booked in for that option.
- We inform parents who provide food for their children about the storage facilities available in our setting. We give parents who provide food for their children information about suitable containers for food (i.e. lunchboxes with freezer blocks to keep items cool).
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.



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Menus for Out of School Club and Holiday Club

- We plan menus in advance for our holiday club and this is publicised on the booking form. The Out of School Menu is planned one week in advance, parents can check with our Out of School Team who will provide them with details.
- We provide nutritious food for all meals and snacks.
- We include a variety of foods from the four main food groups: protein; dairy foods; grains, cereals and starch vegetables; 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.
- As the Out of School Club is associated with Steeple Morden Primary School, the food menu for the primary school is reviewed and the menu for Out of School Club is tailored accordingly to ensure children eating at both settings within the same day /week have a good variety of foods.

Packed lunches

Where we cannot provide cooked meals children are required to bring packed lunches (i.e. Preschool), and we ask parents the following:

- To ensure perishable contents of packed lunches contain an ice pack to keep food cool (particularly in the warmer months)
- Inform parents of our policy on healthy eating;
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based desserts, such as yoghurt or creme fraiche.
- We will remove items from a child lunch box if they contain nuts (as we are a nut free setting) and if there is an unhealthy balance of food. We will replace with a healthier alternative and contact the parents to explain why this has been done.
- Discourage sweet drinks and can provide children with water;
- Discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We discuss with parents if we feel that the contents of their child's lunchbox is not nutritious.

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

Further guidance

- Safer Food, Better Business (Food Standards Agency 2011)
- Holiday Activities and Food Programme (HAF) 2022

This policy was adopted on:

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Name of signatory:

Victoria Hutter

Role of signatory:

Chairman of the Committee

Signed:

7.06.23