

Collaton St Mary Pre-school

The Parish Rooms, Blagdon Road, Collaton St Mary, Paignton TQ3 3YA

Food and Drink Policy

Policy statement

Collaton St Mary Pre-school regards snack and meal times as an important part of the setting's 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 recommended by South Devon Healthcare. At snack time, 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 find out from parents their children's dietary needs and preferences, including any allergies.
- Parents record information about their child's dietary needs or allergies on her/his health information form.
- We send out annually, forms which give parents an opportunity to update their child's dietary needs. 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.
- We inform parents via our prospectus and website as to the foods we provide for snack time.
- We aim to provide nutritious snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- 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.
- We take care not to provide food containing nuts or nut products and 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.
- 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.

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- We use snack and lunch times as social occasions in which children and staff participate.
- We use 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 independently obtain the water and that they can ask for water at any time during the day.
- We inform parents who provide food for their children about the storage facilities available in the setting. We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide whole milk.

Packed lunches

Collaton St Mary Pre-school aims to ensure that:

- all parents provide an ice pack in their child's lunch box. A check is done to ensure that every lunch box contains one, if one is not present a Pre-school pack is put in and the parent is reminded.
- we inform parents of our policy on healthy eating, by providing leaflets published by South Devon Healthcare are available to parents via our notice board.
- we encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraîche.
- we discourage parents from providing fizzy drinks with their child's packed lunch. We can provide water or fresh milk with a child's lunch.
- we discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort.
- we provide children, bringing packed lunches, with plates, cups and cutlery.

Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

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This policy was adopted at a meeting of the Collaton St Mary Pre-school Trustees.

Date

Signed

Position

Review date