



## 20. Food and drink

### Ducklings pre-school policy statement

Ducklings pre-school regards 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. 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 pre-school.

- Before a child starts to attend the pre-school, we find out from parents their children's 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 her/his registration record and parents sign the record 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.
- We display current information about individual children's dietary needs inside the door of the kitchen wall cupboard 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 plan menus, involving children and parents in the planning.
- We display the menus for snack each day on the front door for the information of parents.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We introduce foods from 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.
- We organise a snack bar system so that it is a social occasion in which children and staff 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 a water station available for the children. We inform the children about how to obtain the water and that they can ask for the water to be topped up at any time during the day.
- We inform parents who provide food for their children about the storage facilities available in our pre-school.
- 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 semi-skimmed pasteurised milk.

### *Packed lunches*

We:

- ensure perishable contents of packed lunches are refrigerated;
- inform parents of our policy on healthy eating;
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraîche as we can only provide cold food from home. We can provide children with water or milk;
- discourage packed lunch contents that consist largely of 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;
- ensure a staff member sits with the children when they eat their lunch so that the mealtime is a social occasion.

### *Food Poisoning*

- We notify Ofsted of any food poisoning affecting two or more children looked after at the pre-school as soon as is reasonably practicable, but in any event within 14 days of the incident.

### **Legal framework**

- Regulation (EC) 853/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

### **Further guidance**

- Safer Food, Better Business (Food Standards Agency 2020)

This food and drink policy was adopted by	NGCA Ducklings pre-school
On	27 <sup>th</sup> March 2023
Date to be reviewed	26 <sup>th</sup> March 2024
Signed on behalf of the management committee	
Name of signatory	Tristan Woolfenden
Role of signatory	Chairperson