

# FOOD AND DRINK POLICY

We see snack time and Lunch Club as opportunities to promote healthy eating, as well as to develop social skills and independence. Good hygiene is also encouraged as all the children wash their hands before eating. There is also an opportunity, through discussion, for the children to learn about where food comes from and the different foods eaten in various parts of the world.

## Snack Time

At snack time we offer only semi skimmed pasteurized milk and water to drink, while to eat the children will have a selection of fruit and vegetables to choose from, before being offered other foods such as toast, crackers, cereal & yoghurt.

We ensure fresh water is constantly available throughout the day which children can help themselves to if thirsty.

## **We also have regard for the following when preparing and running snack time**

- Ensure that all children's individual dietary needs, and allergies, are known and understood by all staff and volunteers, and appropriate arrangements are made to meet them. (This information is requested on the Registration form. Please also see our Managing Children who are Sick Infectious or with Allergies Policy)
- An information list of all the children with allergies and their dietary requirements needs is displayed by the snack time area. This list also includes any dietary preferences
- 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
- Regularly consult with parents to ensure that our records of their children's dietary needs – including any allergies or intolerances – are kept up to date. Parents sign these records.
- Plan our snack in advance and offer healthy balanced and nutritious food, avoiding large quantities of saturated fat, sugar, salt, additives, preservatives and colourings. The snacks provided are written weekly on the Snack Menu List
- Before food is served the sell by date is always checked.
- Offer a wide range of foods providing all children with familiar foods and introducing them to new ones, including foods from other cultures.
- 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.
- Promote healthy eating and drinking habits.
- Give children the opportunity to make choices to prepare and serve their own food and drink under adult supervision to develop their independence.
- Allow children to eat and drink at their own pace.
- Organize snack times so that they are social occasions, which staff and children enjoy together.

## Lunch Club

Lunch Club is an opportunity to encourage healthy eating which we promote by the children each having a 'Healthy Plate'. A plate is provided onto which the children put all their 'healthy' food items. These have to be eaten first before the 'less healthy' items left in their lunch bags can be eaten.

We suggest the following as healthy foods – Sandwiches, Wraps & Crackers with healthy fillings, fresh fruit and vegetables and milk-based deserts such as Yoghurt or Creme Fraiche

We class the following as 'less healthy' – crisps, cake, biscuits and chocolate biscuits, cake & desserts.

No sweets (including chocolate) are to be in lunch bags

The children **will not** share or swap their food with other children because of allergies & health risks.

A member of staff will always sit with the children at the table and assist them with opening containers, wrappers and peeling fruit.

Reviewed March 2020