

2.3 Food and drink policy

Policy statement

Perins Pre-School regards snack and mealtimes 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. At snack and mealtimes, we aim to provide nutritious food, which meets the children's individual dietary needs.

We are committed to offering children healthy, nutritious snacks and meals which meets individual needs and requirements.

Procedures

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

- Parent's record information about their child's dietary needs in the Registration Form and on allergy forms during their child's first settling in session and must update the key person of any changes.
- 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 up-dated record to signify that it is correct. The key person is responsible for disseminating the up dated information to team members, management and the catering company who supply the food.
- 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.
- We display the menus of meals for parents to view.
- We do not provide food containing nuts or nut products. We strive to maintain a nut free nursery (to ensure any children with a nut allergy, or children who have not yet been exposed are not at any risk) however, if nuts form apart of a child's diet for medical reason, nuts will be allowed with a full risk assessment in place.
- 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, as well as 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 meal and snack times so that they are social occasions in which children and staff participate.
- 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 pre-school children at any time during the day.
- To protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- Parents/carers are informed upon collection of their child's day.
- We consider seating to avoid cross contamination of food from child to child. Where appropriate, an adult will sit with children during meals to ensure safety and minimise risks. Where appropriate, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of dangers of sharing certain foods.
- Quantities offered take account of the age of the children being catered for in line with recommended portion sizes for young children.
- Parents or visitors are not to give food or drink to any children other than their own when attending an event or outings to prevent any children with special diets being given the wrong food.
- We do allow parents/carers to bring in cakes on birthdays. If it is homemade, we will ask for a list of the ingredients used. If it a shop brought cake, we will ask for the original packaging so we can see what is in the cake.

- In the very unlikely event of any food poisoning affecting 2 or more children on the premises, whether this may arise from food offered at pre-school, we will inform Ofsted as soon as reasonably possible and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.

Packed Lunches

We do allow children to bring in a packed lunch into the setting. We provide appropriate storage in an allocated fridge. Children's lunch boxes are checked before the lunch is given out to ensure no potential allergies or choking hazards are present.

Food Play

We ensure that any food use for play with the children is carefully supervised. We will also use the following procedures to ensure children are kept safe:

- Choking hazards are checked and avoided.
- We will not use whole jelly cubes for play. If jelly is used to enhance play, then it will be made as per the instructions.
- All allergies and intolerances will be checked and the activities adapted to meet the needs of the children.

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.
- EU Food Information for consumers Regulations (EU FIC)
- Food Information Regulations 2014 (FIR)

Further guidance

- Safer Food, Better Business
- Allergen Information for loose foods (2014)

This policy was adopted by

Perins Pre-school

On

25th April 2024

Date to be reviewed

25th April 2025

Signed on behalf of the provider

Michelle Osman

Name of signatory

Michelle Osman

Role of signatory (e.g. chair, director or owner)

Pre-School Manager