



Hulme Hall Pre-School

Food and Drink Policy

Policy Statement

The statutory framework for the Early Years Foundation Stage 3.47, 3.48 and 3.49 details all the necessary requirements for food and drink. Hulme Hall Pre-School will adhere to all recommended requirements.

Hulme Hall Pre-School regards snack and meal times as an important part of the school day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating. 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 find out from parents their child's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in her/his registration form and parents sign the record to signify that it is correct.
- Parents annually check and sign to ensure that our records of their children's dietary needs including any allergies are up-to-date (for children with no known allergies, this is recorded on their registration form and checked annually against this).
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement a traffic light system to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes. Red for severe allergies, amber for religious/parental preferences and green, no dietary restrictions. Catering staff are made aware of children's dietary needs and information is displayed in the main school kitchen.
- We provide nutritious food for snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We provide children with familiar and new foods and food from varied cultural backgrounds is included.
- 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 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 can participate wherever possible.
- We use meal and snack times to help children to develop independence through making choices, serving snacks and drink and feeding themselves.
- We provide children with utensils that are appropriate for their age and stage of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. Each child has their own water bottle that is washed daily and filled with fresh water.
- We inform parents who provide food for their children about suitable containers for food and the storage facilities available in the setting.
- 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

Children who stay for lunch may bring packed lunches. We:

- encourage parents to use an ice pack to keep food cool in hot weather.
- 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 fraiche.
- we 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. Consumption of these food types is discouraged until the majority of the other/healthier part of the lunch is eaten first.
- provide children with drinks and cutlery if needed.
- assist children as needed with eating their lunch so that the mealtime is a social occasion.

Preparing Food

When preparing food the staff at Hulme Hall Pre-School will observe current legislation regarding food hygiene and training by:

- always washing their hands under running water before handling food and after using the toilet or changing nappies.
- not being involved in food preparation if they are ill with infectious skin diseases or any other contagious illness.
- never coughing or sneezing over food.
- using clean cloths.
- ensuring that waste is properly disposed of and is out of reach of the children.
- making sure that all fruit and vegetables are washed before being served.
- tea towels are kept scrupulously clean and washed between each session.
- holding a current Food hygiene certificate.

Review Date: **January 2022**