**Food and drink policy**

**Policy Statement**

This setting regards snack and meal times as an important part of the setting's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

**Aim**

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of The National Standards for Day Care on Food and Drink (Standard 8).

**Procedures**

**We follow these procedures to promote healthy eating in our playgroup.**

* Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children with Allergies policy).
* The parents record information about each child's dietary needs in her/his registration record and 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. Parents sign the up-dated record to signify that it is correct.
* 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 provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
* 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 ensure the snack of the day takes into account any allergies of children in on that session.
* 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 snack times so that they are 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 ask the children to bring in a water bottle each day. However, we have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the session.
* We inform parents who provide food for their children about the storage facilities available in the playgroup and offer 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 semi-skimmed pasteurised milk.

**Legal framework**

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

**Further guidance**

* Safer Food, Better Business

[www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/](http://www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/)

**Other useful Pre-school Learning Alliance publications**

* National Guidance for the Under Fives (2009)
* The Essential Early Years Cookbook (2009)

This policy was adopted at a meeting of : .............................................................................

Held on : ................................................................................................................................

Date to be reviewed : .............................................................................................................

Signed on behalf of the management committee : ................................................................

Name of signatory : ...............................................................................................................

Role of signatory (e.g. chairperson) : .....................................................................................