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Play • Learn • Grow

Food and Drink Policy

Policy statement

First Step Pre-school Ltd regards snacks and meal times as an important part of the daily routines, children should be free to access snack when they want to, this time should be a happy, social occasion for children; with positive interactions which are shared and enjoyed. Adults can help children to learn about healthy eating during snack and lunch times.

Procedures

We promote healthy eating in our setting.

- Before a child starts we ask parents to fill in 'Information Required' where their children's dietary needs, including any allergies, intolerances or religious / cultural requirements are recorded and kept in their file.
- We ask parents/carers to inform us of any changes in their children's dietary needs including any allergies and intolerances.
- Individual children's dietary needs are displayed by snack area and main board for all staff and volunteers to see.
- We plan snacks in advance, involving children in the planning.
- We provide a piece of fruit/veg and a carb option as snack.
- We are a nut free pre-school.
- Snack will be rolling and available to children from 09.30 – 11.00
- Children provide a named drinking bottle, milk is available at snack time
- Children staying for lunch are encouraged to provide healthy lunch boxes
- Staff to sit with the children at lunch time.
- We would notify Ofsted of any food poisoning affecting two or more children cared for in the setting.

Packed lunches for lunch clubs

We actively encourage healthy eating at lunch clubs by;

- encouraging parents to provide healthy lunch boxes for e.g. sandwiches or alternatives with a healthy filling, fruit, and milk based deserts, such as yoghurt.
- children are actively encouraged to eat all their healthy options first and then their treat if one has been provided.
- packed lunches are stored in boxes under work top, parents are advised to put an ice pack in their bag.

This policy was adopted at meeting of	First Step Pre-school Committee	Name of setting
Held on	November 2021	(date)
Date to be reviewed	November 2022	(date)
Signed on behalf of the management committee	<hr/>	
Name of signatory	<hr/>	
Role of signatory (e.g. chair/owner)	<hr/>	