



## Food and drink

### Policy statement

Nettlestead and Wateringbury preschool regards snack and mealtimes as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack and mealtimes, 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 children's dietary needs and preferences, including any allergies. (See the managing children who are sick, infectious or with allergies policy).
- Information about each child's dietary needs is recorded in her/his registration record form and parents sign the form to signify this information 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.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We plan menus in advance.
- 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, and we ask parents not to avoid foods containing nuts, for example, peanut butter, 'Nutella' or spreads that may contain nuts.

- Parents are made aware through reading this policy that foods that we provide may include the following allergens
  - Celery
  - Cereals containing gluten
  - Crustaceans
  - Eggs
  - Fish
  - Lupin
  - Milk
  - Mulluscs
  - Mustard
  - Nuts
  - Peanuts
  - Sesame Seeds
  - Soya
  - Sulphur Dioxide

You can obtain further information on food allergies and intolerances, including information about changes in the law at:

[Food allergy and intolerance | Food Standards Agency](#)

- 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 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 use meal and 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 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 day.
- In accordance with parents' wishes, we offer children arriving early in the morning - and/or staying late - an appropriate meal or snack.
- We inform parents who provide food for their children about 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

Where children are required to bring packed lunches, we:

- ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
- inform parents of our policy on healthy eating;
- inform parents of whether we have facilities to microwave cooked food brought from home;
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraîche. We discourage sweet drinks and can provide children with water or milk;
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We ask parents to avoid providing lunches that may contain nut, for example, peanut butter, 'Nutella', or other chocolate spreads that contain nuts. We reserve the right to return this food to the parent as a last resort;
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

#### Legal framework

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

EU Food Information for Consumers Regulation (EU FIC/2014)

This policy was adopted at a meeting of

NWPS

Held on

Date to be reviewed

May 2024

Signed on behalf of the provider

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Name of signatory

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

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