

ISLEHAM UNDER FIVES ASSOCIATION

Isleham Pre- School is managed by an elected committee of parents. It is situated in the grounds of the local primary school in the village of Isleham. Children who attend the setting come from mixed socio economic backgrounds. They are drawn from Isleham and the surrounding villages.

Food and drink policy

Statement of intent

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

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in her/his registration record and parents 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' wish.
- 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 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, washing hands, serving food and drink and feeding themselves.
- 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.
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
- For children who drink milk, we provide whole pasteurised milk.

Packed lunches – Lunchclub

- Parents/Carers are informed of our healthy eating policy and are reminded in the half termly newsletter to provide their child/children with a healthy snack e.g cereal bar, piece of fruit or vegetables.
- We discourage sweet drinks and provide children with water or milk.
- Provide children bringing packed lunches with plates and cups and cutlery if needed.
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.
- Booking and payment in advance is encouraged as spaces are limited, booking forms are available. Payment is non- refundable or transferable to another day once booked.

This policy was adopted at a meeting of _____ name of setting

Held on (date) _____

Signed on behalf of the Management Committee _____

Role of signatory (e.g. chairperson etc.) _____