

Bishopsteignton Pre-School Playgroup
Horn's Park
Bishopsteignton
Devon
TQ14 9RP
01626 777672
Email: bishop.preschool@outlook.com



Food and Drink Policy

Policy statement

We regard snack and meal times as an important part of our day. Eating represents a social time for children and adults, and helps children to learn about 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 ask their parents about their dietary needs and preferences, including any allergies. These details are completed via our application form
- We display current information about individual children's dietary needs so that all our staff and volunteers are fully informed about them. This is in our kitchen area.
- 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.
- Children who attend our setting either bring in their own packed lunch or receive a meal provided by our neighbouring school.
- We provide two snacks per day for each child - one during the morning session and one in the afternoon.
- Our snacks generally consist of a carbohydrate (eg breadstick or cracker) and a piece of fruit or vegetable.
- We show sensitivity in providing for children's diets and allergies during our snack and will always try to find an alternative food item to ensure that child feels included
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.

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- 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. Our children also bring a drink of water from home in a water bottle. This is accessible at all times.
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- For children who drink milk, we provide semi skimmed pasteurised milk.
- All of our staff hold a current food hygiene certificate.

Packed lunches

- During the warmer months we ask parents to ensure that packed lunch boxes contain an ice pack to keep food cool.
- We encourage parents to provide lunches in line with the government's healthy eating guidelines
- We ensure that adults sit with children during lunch so that they can provide assistance to less able or younger children.
- We provide information within the setting to assist parents in making healthy food choices for their children

Signed on behalf of the committee	
Date	