

Food and Drink Policy

Food and Hygiene Officer: Nicky Smith

Statement of intent

Little Sunbeams pre-school regards snack and meal times as an important part of the pre-school session. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim:

At snack times, we aim to provide nutritious snacks, which meet the children's individual dietary needs. We aim to meet the specific legal requirements regarding the provision of food and drink, as stated in the Statutory Framework for the EYFS (2021).

Methods:

1. Before a child starts to attend Little Sunbeams, we find out from parents their children's dietary needs, including any allergies and religious dietary restrictions. We take account of this information in the provision of food and drinks.
2. Parent's record information about each child's dietary needs in his/her registration form and parents sign the record to signify that it is correct.
3. We hold current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
4. We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and their parents' wishes.
5. We provide a variety of fruit and raw vegetables for snack time.
6. A full list of the foods provided will be made available on parental request.
7. 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 his/her diet or allergy.
8. We organise snack times so that they are social occasions in which children and staff participate.
9. We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
10. We will ensure children wash their hands before their meal.
11. We will encourage children to eat the food provided in their lunch box.
12. We will make sure children have enough time to eat lunch, but realise they also would like time to play.
13. Children are not allowed to swap or share their food with anyone else.

14. 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.
15. For children who drink milk, we provide semi-skimmed, pasteurised milk as the Government's Food Standards Agency advise that children should be stopped from drinking full-fat milk from the age of two to prevent clogged arteries and heart disease in later life.
16. Parents who wish to send in a treat to celebrate their child's birthday are encouraged to provide a healthy, suitable alternative to sweets or sweet biscuits.
17. We will notify Ofsted of any food poisoning affecting two or more children looked after on the premises, as soon as it practicable, but in any event within 14 days of incident occurring.

Lunch Boxes

Children's lunch boxes must **not** contain the following:

- Nuts or nut products
- Sweets
- Fizzy drinks
- Cans or glass bottles

A frozen freezer block is highly recommended as we do not have refrigeration facilities for lunch box storage.

Children may bring a drink of their choice to accompany their lunch, however are only permitted milk and water to drink throughout the day as recommended in section 6.6 of the Chief Medical Officer's independent report Time to Solve Childhood Obesity published October 2019.

Version	Changes made	Author	Date
1.0	Baseline version	Lyn D	12 th Oct 2015
1.1	Methods 15) change to semi-skimmed milk from whole milk following an announcement by the Government's Food Standards Agency Lunch Boxes – removed the statement 'No egg products' as the	Lyn D	21stMay 2016

	child with severe egg allergy no longer attends Change of Officer		
1.2	Change of Officer Methods 5) change from nutritious snacks to fruit and raw vegetables Methods 6) list of foods provided available on parental request	Lyn D	13 th April 2017
1.3	Change of Officer – Nicky Smith	Lyn D	15 th Nov 2017
1.4	Changed to reflect update of EYFS in Feb 2018	Lyn D	4 th Aug 2018
1.4	Reviewed, no changes made	Lyn D	26 th Sept 2019
1.5	Aim: Amendment to reflect EYFS update (pub March 2021)	Lyn D	27 th July 2021
1.6	Reference made to the Time to Solve Childhood Obesity report	Lyn D	13 th Oct 2021