**Food and drink policy**

Children are constantly growing and developing, therefore, a healthy nutritious diet will help them maintain their energy and support healthy development. Meals and snacks provided will be healthy, balanced and nutritious to promote healthy growth and development.

The link below provides further information about a child’s diet.

www.childrensfooodtrust.org.uk

**Kitchen**

* Fridge & freezer temperatures will be checked periodically through the day by a member of staff.
* The cupboards, crockery, cutlery and cooking utensils will be kept clean at all times.
* The Pre School is unable to reheat food for the children due to a risk of cross-contamination.

**Food Handlers**

* All Practitioners are aware of the food handling procedure when preparing and serving food to the children.
* Food handlers are to maintain a high level of personal cleanliness and not handle food or enter a food handling area if they have infected wounds or have had diarrhoea or sickness within 48hrs from the last bout.
* Any food provided by the parents is stored safely and checked to ensure it is safe for children with allergies.

**Children**

* Children are offered their packed lunch at lunch time, morning snacks with a drink of milk or water.
* On admission to the pre-school the Manager will obtain information from parents in respect of:
  + a child’s special dietary requirements.
  + food allergies.
  + dietary rules of religious groups and vegetarians/vegans.

* All members of staff will be made aware of any allergies or requirements the children may have.
* All dietary information is recorded, a copy of the log is placed in the kitchen so that the information can be observed when preparing and serving food to the children.
* Children who refuse to eat the offered snack will be given an alternative.
* Parents are kept informed of any concerns around their child’s eating habits. Practitioners will work with parents to identify ways to support the child.
* Children are involved in cookery activities with safe hygienic principles, under appropriate supervision.
* If a child is refusing to eat their lunch the parents/carers will be contacted and informed of the situation.
* If a child did not eat much of their lunch a note will be placed in the lunch box by a practitioner to inform the parents.

**Classroom**

* Fresh drinking water is available to all children at all times.
* Practitioners sit with the children and encourage table manners.
* Practitioners make mealtimes pleasant and stress free for the children – encouraging them to eat and try new things but not insisting.
* We provide a rolling snack, children are enabled to choose when they have snack, also practitioners will encourage independence by letting the children getting their own plates, cups, snack and pouring their drinks, help will be provided when needed.

**Smile Award**

A number of the staff have undertaken a “Healthy Eating” course and have gained the Smile award. This is fundamentally about encouraging children to eat healthy and was supported by the Local Health Authority.

**Oral Health**

* Oral health supports the areas of learning and development of the Early Years Foundation Stage such as Physical Development (Health and Self-Care) and Communication and Language.
* Parents can access information and advice about tooth brushing and oral health from staff at Pre-school.
* Oral health will be included through discussions held with the children and through play.
* We will reduce the amount of food containing sugars in the setting.
* A number of staff have undertaken a “Children’s Oral Health Advice” course. This has supported the staff’s knowledge on good practice of Oral health.

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**Food/Drink**

* All meals and snacks provided are healthy and nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings.
* Children are provided with a minimum of 1/3 pint of milk. Water is provided at lunch and regularly throughout the day, more often in warmer weather.

**Ofsted/Environmental Health**

The Pre-school will notify Ofsted and Environmental Health of any food poisoning affecting two or more children looked after on the premises, within 14 days of the incident occurring.

**Allergens**

The food information Regulations (Dec 2014) places a requirement on establishments who offer food, to list the 14 major allergens that could be contained in food. Windmill Pre School displays a list of all the food offered to the children and the allergens they may contain. This list is displayed on the kitchen door. If parents/carers require any further information, they are invited to speak to a member of the staff team.

Occasionally we offer different snacks when celebrating festivals or during a cooking activity. Parents/carers will be notified of this and asked to contact the Pre School if they have any concerns with the foods on offer.

Due to the requirements regarding allergens, we are unable to give out Birthday cake during snack time. However, if you still want to bring in cake for your child’s birthday, the staff can give this to the child’s parents/carers at the end of the session.

**Lunches**

We encourage parents/carers to send healthy options of cold food for their child to eat in small portions. We request that grapes, tomatoes and olives are cut in half to avoid choking. We also ask for no nuts or peanut butter due to the risk of nut allergies. We generally return uneaten food with packaging for parents/carers to see how much their child has eaten. Parents are also requested not to send in chocolate or sweets. Due to there being no cool place to store lunches, we request that an ice pack is provided in your child’s lunch box.

**Celebration**

During Christmas or the end of term, we sometimes celebrate with a party snack. The children have foods such as sandwiches, fruit and vegetable sticks to ensure that any high sugar foods such as cake are given as part of a well-balanced meal. Parents/carers are also informed to ensure they know what they children have eaten.

**Supervision**

All children will be supervised while eating. At lunch time, staff will sit with the children, helping them to open packets and encouraging them to eat. At least one first Aider will be present during lunch and children will be monitored to make sure any choking is spotted and dealt with in a timely manner. During snack time, staff will monitor children eating and will remain close by. A First Aider is always on site.

**This policy was reviewed and amended on 28th September 2022**

**Bryony Smith – Chair of Windmill Pre-School Management Committee**

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**Claire Baker- Manager of Windmill Pre-School**

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