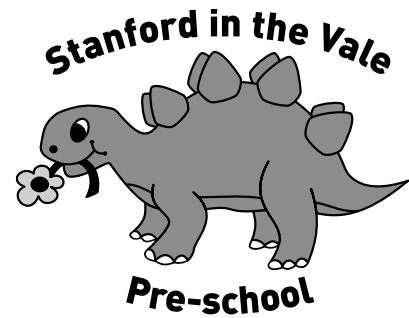


Recreation Ground
Hunters Field
Stanford in the Vale
Faringdon,
Oxfordshire,
SN7 8LX



1.3.2 - DIET – POLICY AND PRACTICE

Revised May 2021

Statement of Intent

The sharing of refreshments can play an important part in the social life of Stanford Pre-school as well as reinforcing children's understanding of the importance of healthy eating.

Aims

At snack times, Stanford Pre-school aims to provide healthy, balanced and nutritious food, which meets the children's individual dietary needs and meets the full requirements set out within the Early Years Foundation Stage. Lunchtimes are supervised to ensure children are eating a healthy balanced meal provided by parents. When cooking with the children we use this opportunity to educate children about healthy food by selecting recipes that are healthy, balanced, nutritious and tooth friendly.

Procedures

- Before attending Pre-school, we find out from parents if their child has any dietary needs, including allergies, preferences or special dietary requirements and special health requirements. (See our Illness, Infection and Allergy Policy)
- Information about each child's dietary needs is recorded in her/his registration record and parents sign the record to signify that it is correct. This record is regularly reviewed and updated where necessary.
- All staff and volunteers are fully informed about individual children's dietary needs and systems are in place to ensure that they receive only food and drink which is consistent with these needs and their parents' wishes. This information is displayed in the kitchen area.
- Children are encouraged to wash their hands before and after eating.
- We have a kitchen area that is adequately equipped to prepare fruit for healthy snacks and cooking activities.
- All staff have completed a Food Hygiene Level 2 course.
- We use Safer Foods Better Business for Caterers pack to ensure we are following safe food practices. Opening and closing checks are completed daily in the kitchen area.
- Where we have a child, staff or committee member or visitor who has a known allergy, we take care not to provide food containing the ingredient/item and are especially vigilant.
- All snacks provided are nutritious, 'tooth friendly' and sugar free.

- A multi-cultural diet is introduced on occasion where appropriate to ensure that children from all backgrounds encounter familiar tastes whilst having the opportunity to try unfamiliar foods.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of religious groups to which the children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
- We show sensitivity in providing for children's diets and allergies. We do not use a children's diet or allergy as a label for the child, or make a child feel singled out because of his/her diet or allergy.
- We organise snack and lunch times so they are social occasions in which children and staff enjoy opportunities for social interaction and language.
- Rules exist to discourage children from sharing and swapping their food with one another in order to protect children with food allergies.
- Should there be any incidence of food poisoning affecting two or more children looked after on the premises, Ofsted are notified immediately (Health and Safety Policy).
- Meal and snack times are used to help children develop independence through making choices, serving food and drink and feeding themselves.
- The milk provided for children is fresh and pasteurised.
- Fresh drinking water is constantly available for the children and children are informed that they can obtain / ask for water at any time of the day. Parents are asked to provide fresh water in a drinking bottle daily. If a child forgets their own bottle they are told how to obtain fresh water should they wish to have some.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- Parents are informed of any of the 14 Allergens that are present in our daily snack at induction. This information is also on the parental noticeboard.

Lunch Time – packed lunches

Children are supervised during lunchtime by staff.

- We ensure parents are aware about providing an ice pack in their child's lunch boxes and suitable food containers. as we do not provide refrigerated storage;
- We inform parents of our policy on healthy eating during our induction process.
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;
- We encourage parents to provide sandwiches with a healthy filling, fruit, and milk-based deserts, such as yoghurt or crème fraiche and fruit and vegetables;
- We ensure a staff member sits with children to eat their lunch so that the mealtime is a social occasion;
- We encourage children to eat their lunch independently though help is on hand if required to open packets, etc.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another;
- Fizzy drinks are not permitted;
- We ask parents to where possible use reusable containers in their children's lunches to avoid using single use cling film, foil and freezer bags.

Birthday celebrations

As a setting we recognise that birthday celebrations are a special time for children.

- We use our Birthday Hat to celebrate birthdays in setting;
- If parents wish to bring in items for their children's birthday, we ask that it is 'tooth friendly' such as fruit.

Cooking activities

We recognise that cooking with the children is a valuable activity offering lots of opportunities to develop children's understanding of healthy eating and encouraging them to make healthy food choices by giving them the chance to try new foods.

- We cook termly with the children;
- All children will be offered the opportunity to cook;
- We ensure children wash their hands before and after preparing food, wear an apron and understand good hygiene practices in relation to preparing food.
- When selecting what recipes to make with the children we always ensure we choose a healthy 'tooth friendly' option in order to promote healthy food choices.

This policy was adopted at a meeting of Stanford in the Vale Pre-school Committee

Held on _____ (date)

Date to be reviewed _____ (date)

Signed on behalf of the management committee

Name of signatory

Role of signatory (e.g. chair/owner)