

Recreation Ground
Huntersfield
Stanford in the Vale
Faringdon
Oxfordshire, SN7 8LR



1.3.2 - DIET – POLICY AND PRACTICE

Revised May 2015

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.

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 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.
- 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.
- We have a kitchen area that is adequately equipped to prepare fruit for healthy snacks.
- All staff have completed a Food Hygiene Level 2 course.
- Staff 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.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child, staff or committee member or visitor who has a known allergy to nuts.
- All snacks provided are nutritious, avoiding large quantities of saturated fat, sugar, salt, and artificial additives, preservatives and colourings.
- 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, the dietary rules of religious groups, vegetarians and vegans are acknowledged and met in appropriate ways.
- Snack and lunchtimes are social occasions in which children and staff may interact.
- 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. 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. In addition, on a termly basis parents are informed if any of the 14 allergens are present in the cooking activity recipe we will be using.

Lunch Time – packed lunches

- Children are supervised during lunchtime by staff. We
 - ensure parents are aware to provide an ice pack in their child’s lunch boxes as we do not provide refrigerated storage;
 - inform parents of our policy on healthy eating;
 - 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;
 - ensure a staff member sits with children to eat their lunch so that the mealtime is a social occasion;
 - encourage children to eat their lunch independently though help is on hand if required to open packets, etc.
 - fizzy drinks are not permitted;
 - no nuts or nut-based products are to be provided for lunch by parents.

This policy was amended at a meeting of the Pre-school held on 18th May 2015 and signed by Mrs Karin Williams-Cuss.

Signed on behalf of the Pre-school