

**Under Fives Roundabout  
Food and Drink Policy  
Policy No: 1.18**

**Last reviewed:** March 2024

**To be reviewed by:** March 2025

**Responsible member of staff:** Dana Harrison

**Signed:** ..... **Date:** ....../....../2024

**Responsible member of committee:**

**Signed:** ..... **Date:** ....../....../2024

## **Food and drink policy**

### **Statement of intent**

Under Fives Roundabout regards snack and meal times as an important part of the daily routine. 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 food, which meets the children's individual dietary needs. We are committed to promoting children's health and well-being.

### **Methods**

- 1) Before a child starts to attend the Preschool, we ask parents to inform us of their children's dietary needs, including any allergies/intolerances.
- 2) Parents record their child's dietary needs on his/her registration form and in their 'All About Me' pack. If anything is unclear, the child's keyperson or manager will discuss this with the family.
- 3) We regularly consult with parents to ensure that our records of their children's dietary needs, including any allergies, are up-to-date.
- 4) We display current information about individual children's allergies, so that all staff and volunteers are fully informed about them.
- 5) We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
- 6) We provide nutritious food at all snack times, avoiding high quantities of fat, sugar and salt, and artificial additives, preservatives and colourings.
- 7) We include foods from each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones during our cooking activities.
- 8) We use strategies to manage fussy eating:
  - a) Modelling – children eat together and can see other children and staff eating.
  - b) Exposure – we give children regular and repeated chances to try new foods.
  - c) Rewards – we praise children for trying new foods.
- 9) Through discussion with parents and research by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take this information into account in the provision of food and drinks.
- 10) We celebrate special occasions with children, such as birthdays. Parents can bring food from home for the children to share on such occasions. We discourage bringing in food that is high in saturated fat, sugar and salt.
- 11) We require staff to show sensitivity in providing for children's diets and allergies. Staff members do not use a child's diet or allergy as a 'label' for the child, or make a child feel singled out because of her/his diet or allergy.
- 12) We organise meal and snack times so that they are social occasions in which children

and staff participate.

- 13) We use meal and snack times to help children to develop independence through making choices, preparing and serving food and drink and feeding themselves.
- 14) We provide children with utensils which are appropriate for their ages and stages of development and which take into account the eating practices of their cultures.
- 15) Parents provide water bottles and we have fresh drinking water always available for the children.
- 16) We inform parents who provide food for their children about the storage facilities available in the Preschool.
- 17) We give parents who provide food for their children information about suitable containers for food.
- 18) We have rules about children sharing and swapping their food with one another, in order to protect children with food allergies.
- 19) For children who drink milk, we provide full fat
- 20) Growing and cooking activities give children many learning opportunities and we include them in our planning.
- 21) All staff are trained in Food Hygiene. Dana Harrison is our Physical Activity and Nutrition Co-ordinator (PANCo)

### **Lunch**

- Children attending our lunch bring their own packed lunch.
- We encourage families to provide a healthy, balanced lunch and we include information in our welcome pack about this.
- Packed lunches are stored appropriately; parents are encouraged to include a cool pack in the lunch box.
- At least one member of staff will sit with the children at the table while they eat and will often eat with the children, giving an example of healthy eating.
- Staff members always ensure that all of the children are provided with a drink of water with their lunch.

Reviewed March 2024