

Duchy Preschool & Playgroup, Bradninch				Page 1 of 3
Document.	012	Food & Drink Policy		
Revision	12	Approved By	Katy Taylor	Approval Date 24/10/2023

Scope

This policy applies to all provision for early years aged children, and – where appropriate – to before and after school provision and walking bus provided by Duchy Pre-school and Playgroup for primary school aged children attending The Duchy School in Bowley Meadow.

Statement of intent

The Duchy Pre-school & Playgroup regards snack times as an important part of the learning day. Eating represents a social time for children and adults and helps children to learn about healthy eating, consideration of others and customs surrounding social eating.

Aim

The Duchy preschool is a nut free setting.

At snack times and at breakfast and tea-time, we aim to provide nutritious food, which meets the children's individual dietary needs.

Methods

Before a child starts to attend the setting, we find out from parents their children's dietary needs, including any allergies, through our admissions form. We also include in the admissions form that we are a nut free setting.

Information about each child's dietary needs are recorded in her/his admission form and parents sign the form to signify that it is correct. This is then added to the child's profile on Family. A notice of any allergies are on a display board in both the Butterfly room and the Caterpillar room and in the kitchen so that all staff and volunteers are fully informed of their dietary needs.

We regularly consult with parents to ensure that our records of their children's dietary needs, including any allergies are up to date. This is then updated on Family.

We provide an ongoing snacks table during morning and afternoon sessions to cater for the children's physical needs and maximise their free-play time.

We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.

We provide nutritious food at all snack times, avoiding large quantities of fat, sugar, salt, artificial additives, artificial preservatives, and artificial colourings.

We provide the children with familiar foods and introduce them to new ones. We also offer opportunities for further exploration of foods from different cultural backgrounds.

Through discussion with parents and research reading by staff, we obtain information about the

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dietary rules of the religious groups to which children and their parents belong, and of vegetarians. We take account of this information in the provision of food and drinks.

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 her/his diet or allergy.

We organise meal and snack times so that they are social occasions in which children and staff participate.

We use snack times to help children to develop their independence skills such as pouring their own drinks.

We provide children with utensils which are appropriate for their ages and stages of development, and which take account of the eating practices in their cultures.

We always have fresh drinking water available for the children. Staff show new children where the water jug and cups are kept. A tray is provided for children to promote independence in tidying their own drinks away when finished.

We inform parents who provide food for their children about the storage facilities available in the Pre-school/Playgroup.

In order to protect children with food allergies, we do not allow children to share or swap their food with one another. We actively remind children that it could be dangerous to share their food with others and staff sit at lunch tables to ensure that this does not happen. We are now a nut free Preschool.

For children who drink milk, we provide semi-skimmed pasteurised milk.

We provide a light meal for early years and primary school children attending breakfast or teatime sessions.

We have provided information to all parents regarding healthy eating and good oral health advice.

Hygiene

Adults wash their hands before preparing food for the snacks table.

Any cuts or open wounds are to be covered with appropriate plasters until healed

Children wash their hands before and after eating and before any cooking activities. Adults always assist less able children with hand washing and cleaning.

Fresh fruit and vegetables are washed prior to eating.

Tables used for snack time and cooking activities are disinfected and wiped down before use. Any spillages are cleaned up promptly.

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Responsibility for periodic review	Facilities Sub-Committee
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Document History

Rev	Changes	Date	Approval
00	Previous changes incorporated for AGM	17/05/10	AGM
01	Reviewed for AGM	15/11/11	AGM
02	Addition of scope statement and reference to breakfast and tea.	02/01/14	PNW
03	Water bottles altered to water jug and cups	22/5/19	LP
04	Taken out the display list to parents what we offer for snack as its always fruit and breadstick or Cracker	11.1.22	NL/JR
05	Taken out the cool box facility	11.1.22	NL/JR
06	Due to covid children are not sharing food around or cutting fruit	11.1.22	NL/JR
07	Added Nut free Preschool	11.1.22	NL/JR
08	Try to encourage independence	11.1.22	NL/JR
09	Taken out wear gloves if wearing jewellery added always wear gloves.	11.1.22	NL/JR
10	Added info to all parents re healthy eating and dental care	11.1.22	NL/JR
11	Reviewed and amended; Changed allergies on staff notice board to allergies on display sheet in main room, kitchen and register.	30/09/22	Justine Reed
12	Reviewed and amended to include famly and to take out wearing gloves while preparing food.	24/10/23	KT

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