

## **STAMPERS PRE-SCHOOL**

### **Food and drink policy (updated 17.2.17)**

#### **Statement of intent**

Stampers Pre-School regards snack and meal times as an important part of the Pre-School's session/day. Eating represents a social time for children and adults, and helps children to learn about healthy eating.

#### **Aim**

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of the EYFS (2017), and the Food Information Regulations 2014 (FIR)

#### **Methods**

#### **Training**

• All staff undertake Food Hygiene training and apply their knowledge in preparing and storing the snacks for the children and other members of the Pre-School.

#### **Dietary Needs and allergies**

Before a child starts to attend the Pre-School we find out from parents/carers their children's dietary needs, including any **allergies**.

- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents/carers to ensure that our records of their children's dietary needs, including any allergies, are up-to-date. Parents sign the updated record to signify that it is correct.
- We display current information about individual children's dietary needs when appropriate, so that all staff and volunteers are fully informed about them.
- We liaise closely with Pamela McWilliams, the head school cook, to ensure she is fully aware of any children with allergies. Parents/carers fill in the school allergy form (whether or not they will be having school dinners), and information with a photo is displayed on the kitchen wall.
- When a child with an allergy is present on a particular day, Pamela talks to whichever staff member is picking up the lunches to alert them to any ingredients that a child is allergic to. That member of staff signs Pamela's form, and is responsible for alerting all other staff to any issues.

- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents/carer's wishes.
- We provide nutritious food at all snack times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings, with the occasional exception of birthday cake.

### **The '14 Allergens'**

- If any ingredient of a snack, school dinner or cookery activity contains an ingredient from the Food Information Regulations (2014) list of 14 allergens, this information will be displayed on the door as you go from the middle area to the main area.

This list is:

cereals containing gluten

eggs

fish

peanuts

soyabeans

milk

nuts

celery

mustard

sesame

sulphites

lupin

molluscs

crustaceans

- A copy of 'Allergy information for Loose Foods' by the Food Standards Agency, is saved on the Preschool Desktop and memory stick.

### **Cultural requirements and awareness**

- We include food topics as part of our planning from the diet of differing cultural backgrounds, providing children with familiar foods and introducing them to new ones. When engaging in cooking activities, children are made aware of safety and food hygiene. Staff fully supervise all cooking activities and allow children to engage in the activity in a way that is appropriate for their age and stage of development. Information on allergens will be put on the notice board on entry from the middle to the main area.

- When required we obtain, through discussion with parents/carers and research reading by staff, 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 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.**

## **Staff drinks**

- Staff may consume hot drinks from a heat proof cup with a secure lid. This must be kept on a high surface that can't be reached by a child.

## **Personal, emotional and social development/physical development**

- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- 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.

## **Drinking Water and milk**

We have fresh drinking water constantly available for the children in named plastic bottles.

- For children who drink milk, Cool Milk provide 1/3 pt of pasteurised milk daily. Children will be provided with a drink of milk at snack time, unless there is a medical reason not to. In this case we will work with parents to source and provide an alternative which does not single them out or label them.

## **Packed lunches**

We work with parents/carers providing packed lunches to ensure these are of a balanced nature. **Guidelines are given to parents/carers** - these are available on Stampers Website, Information for parents - policies. These are based on information from:

the 'School Food Plan - supporting schools to improve the quality of food provision.'

'The Children's Food Trust' - 'Eat Better, Start Better' programme-  
[www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

'Food for Life,' Soil association programmes aiming to transform food culture in Early Years settings.

'Voluntary Food and Drink Guidelines for Early Years settings

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

- Children are supervised to prevent them from sharing and swapping their food with one another in order to protect children with food allergies and to reduce the risk of spreading germs. When a child has a food allergy, we do not sit them next to a child with a packed lunch, but rather next to one having school dinner, as we know whether a dinner contains allergens.

See also:

Packed lunch guidelines

Confidentiality Policy

Equality and Diversity Policy

Health and Safety Policy

Hygiene Policy

Parental Involvement Policy

Inclusion Policy

This Policy has been adopted by the Stampers Pre-school Management Committee.

Signed .....  
Chair of Stampers Pre-school Management Committee

Date.....