

ABBNEY PRESCHOOL



Abbey Pre-School Food and Drink Policy

Our aim is to provide nutritious food at snack time which meets the children's individual dietary needs. We aim to meet the requirements of the EYFS.

- Before a child starts to attend at the setting we find out from the parents/carers the child's dietary needs and preferences including any allergies. This is recorded by the parent on the child's registration record and the information displayed in the kitchen for staff and volunteers. Information about allergens included in the food we provide is also available.

- We ensure that the staff sit with the children to eat their snack and lunch so that the mealtime is a social occasion, and use these times to help children develop independence through making choices and serving food.

- We inform parents of our healthy eating policy and provide fruit and healthy snacks and also pasteurised milk for those children who drink it. We encourage parents to provide sandwiches with a healthy filling, milk based desserts and fruit in their packed lunch. We ensure perishable contents of packed lunches are refrigerated and inform parents that lunch boxes should contain ice packs. We provide children with plates, cups and cutlery with which to eat their packed lunch.

- Fresh drinking water is always available and we inform the children about how to obtain this and that they can ask for water at any time during the day.

Signed..... (Manager) Dated.....

Signed..... (Chairperson) Dated.....

Date of next review.....