

Meppershall Preschool Nutrition policy

Statement of intent

This pre-school regards snack and mealtimes as an important part of the Pre-school's session. 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 that meets the children's individual dietary needs. We aim to meet the full requirements of the Statutory Requirements of the Early Years Foundation Stage.

Methods

Dietary requirements/allergies

- Before a child starts to attend the Pre-school we find out from parents their children's dietary needs, including any allergies which are recorded on her/his registration record and parents sign the record to signify that it is correct.
- If a parent states that their child has an allergy when completing registration forms, they will be asked to complete a medical health care plan. For staff to gain information about what to do in the event of an emergency, medication requirements, and how the allergic reaction presents itself.
- Medical care plans are updated on an annual basis, parents are asked to inform the preschool of any changes to their Children's dietary requirements.
- 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.
- All staff and volunteers are fully informed about individual children's dietary needs. A notice is clearly visible on the cupboard in the main room.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and their parents' wishes.
- We plan snack menus in advance, all snacks provided are healthy and alternatives will be available to meet individual dietary requirements.

Snack and Meal times

- The snack bar area is in the main classroom area and is supervised when the children are having snack or lunch.
- Children who stay all day are offered a snack mid-morning and a drink of milk or water mid-afternoon.
- We organise snack times so that there are social occasions in which children and staff participate.
- We use snack times to help children to develop independence through making choices, preparing food, 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.
- We have fresh drinking water constantly available for the children in their water bottles, which are named. We inform the children about how to obtain the water and that they can ask for water at any time during the session.

- Parents are informed that lunches are not kept in a fridge therefore to supply their children with healthy non-perishable foods in a suitable container. A sufficient supply of healthy foods is always available in the event of a child not bringing a lunch.
- All staff who prepare snack hold a current food hygiene certificate, which will be updated every 3 years.
 - All children are supervised while they wash their hands before eating snack, lunch or cooking activities.
 - Ofsted are notified if two or more children have food poisoning.
 - For children who drink milk we provide semi skimmed milk, at snack time in the morning and the afternoon. Each child is allocated a 3rd of a pint of milk as part of the nursery milk scheme.
 - Any foods made in a cooking activity consider children's allergies and all foods are taken home in a bag, labelled with ingredients listed.
 - Parents are provided with information about healthy eating, what to pack in their child's lunch box, portion control and how to support their child to sit at the table for mealtimes.

Celebrations

Birthdays, cultural festivals, fetes, religious festivals and other special occasions

- Celebrations will include food and non-food activities but we celebrate birthdays using our birthday board and giving the children birthdays.
- We give advice to parents regarding suitable foods with which to celebrate birthdays, discouraging the making of cakes due to allergies.
- We ask that sweets and cake are not provided by parents for any celebrations and we are happy to make alternative arrangements for celebrations.

Date approved by Pre-school committee	
Signed by Pre-school leader	
Signed by Pre-school chair	
Signed by Pre-school staff	