**Food and Drink Policy**

**Statement of intent**

This pre-school regards snack and meal times as an important part of the pre-school’s session or day. Eating represents a social time for the children and adults and helps children to learn about healthy eating.

* Before a child starts to attend the pre-school, we find out from parents 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 to signify that it is correct.
* We regularly consult with parents to ensure that our records of their children’s’ dietary needs – including allergies – are up to date.
* We display current information about individual children’s dietary needs on the whiteboard in the kitchen to ensure all staff and volunteers are informed.
* We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents’ wishes.
* Through discussions with parents and research reading 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 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 meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
* We inform parents who provide food for their children about the storage facilities available in the pre-school.
* We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
* For children who drink milk, we provide semi-skimmed pasteurised milk.