# Wendens Ambo Pre-School

**6.0 Health**

## 6.5 Food & Drink

**Statement of intent**

At Wendens Ambo Pre-School we regard snack-times as an important part of the session. Eating represents a social time for children and adults and helps children to learn about healthy eating. We do not provide lunch but children are able to bring a packed lunchbox.

**Aim**

At snack-times we provide a selection of fresh fruit and/or raw vegetables, and a choice of water or milk to drink.

**Methods**

* Before a child starts to attend the Pre-School, we find out from parents their children's dietary needs and preferences, including any allergies.
* Information about each child's dietary needs is recorded in her/his registration form by parents, who sign the record to signify that it is correct.
* We keep a record of individual children's dietary needs so that all staff and volunteers are fully informed about them.
* We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
* We ensure that snacks are served with safety in mind; for example, grapes are cut in half to minimise the risk of choking.
* If a child has a birthday, parents/carers may wish to bring special cakes/biscuits for their child to share with his/her friends. The records of dietary needs for each child are consulted when the situation arises.
* Sometimes we use food-tasting as part of our current topic in order to explore different cultural backgrounds through the introduction of new foods (e.g.: Chinese new year, Diwali). The records of dietary needs for each child are consulted when the situation arises.
* We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
* Through discussion 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 drink.
* 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 snack times so that they are social occasions in which children and staff participate.
* We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
* We provide fresh drinking water which is constantly available for the children to pour themselves during the session.
* In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
* For children who drink milk, we provide whole pasteurised milk.

*Packed lunches*

* We encourage healthy eating and ask parents to provide healthy packed lunches
* We ask that if children bring grapes in their lunchbox, the grapes are cut in half to minimise the risk of choking.
* We provide children bringing packed lunches with a drink of water.
* We ensure staffs sit with children to eat their lunch so that the mealtime is a social occasion.

After a review by the Committee members and staff this policy was adopted at a meeting of the Wendens Ambo Pre-School Committee

* held on:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Signed on behalf of the Management Committee:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Name of Signatory:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Role of signatory: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_