



Ladybirds Preschool Food and Drink Policy **(Revised 4th November 2024)**

Working in conjunction with the Early Years Foundation Stage Statutory Framework (EYFS).

Quality and Consistency.

A Secure Foundation.

Partnership Working.

Equality of Opportunity.

Unique Child Positive Partnerships Enabling Environment Learning and Developing

Introduction

At Ladybirds Preschool we aim to promote the good health of the children by providing healthy and nutritious snacks and drinks on a daily basis. We will encourage parents/carers to provide a healthy packed lunch, we respect that some families have a different aspect of what they provide for their child. We regard snacks and mealtimes as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack and mealtimes, we aim to provide nutritious food, which meets the children's individual dietary needs.

- All children's hands are washed prior to being given food or drink.
- Staff who are eating with the children must role-model hygiene best practice.

It is acknowledged that children will play in close proximity for the rest of the session.

Procedures

We will:

- Obtain, record and act upon information from parents/carers about a child's allergies and dietary requirements, as provided on the Child Record Sheet and any subsequent notification from the parent/carer.
- Display current information about individual children's dietary needs in our Kitchen area so that all staff and volunteers are fully informed.
- Ensure staff show sensitivity by providing for children's diets or allergies, ensuring the child is not singled out because of her/his diet or allergy.
- Ensure that drinking water is available at all times.
- Provide milk that is semi-skimmed and pasteurised for those that drink this.
- Inform parents/carers who provide a packed lunch to store these in the children's own lunch storage boxes, encourage the use of ice packs in warm weather, detail foods to avoid (e.g. anything containing nuts) and provide healthy ideas about food content upon request.

- Serve nutritious food and drinks at all snack times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives, colourings.
- On occasion, e.g. birthdays, parents are welcome to provide cake(s) to share with the group. On occasion, the children may partake in food from different cultures e.g. at Chinese New Year. An alternative will always be available for children with allergies.
- Encourage eating to be a social time so children learn about nutritious food, encourage independence of choice and encourage them to feed themselves. Staff will supervise the children while they eat their lunch and make the mealtime a social occasion. This will prevent any food swapping between the children.
- Ensure those responsible for the preparation of food are competent in doing so and have attended appropriate training, following our Hygiene and Health, Safety and Welfare Policies.
- 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 include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- Through discussion with parents and research reading, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks
- Staff will ensure that any grapes, cherries, etc, will be cut lengthways to reduce the risk of choking.

Cooking results in good food and is a natural part of living. Cooking is also full of opportunities for learning, so cooking lesson plans as activities are important to enable better understanding of food, hygiene and the ability to interact with the child's peers. It is considered a fun but vital part of a child's education both in school and at home. cooking combines; math, reading, creative thinking, science, sensory experiences and social skills. We will ensure that when we cook with the children, we adhere to all of the health and hygiene rules as well as the above guidelines as stated in this policy.

If 2 or more children that are looked after on the premises are affected by food poisoning, we inform Ofsted within 14 days of the incident occurring.

Legal framework

Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

Further guidance

Safer Food, Better Business (Food Standards Agency 2011)

Other Related Policies & Procedures

The following policies provide additional information regarding the safeguarding and welfare of the children in our care:

- *Children's Rights & Entitlement Policy*
- *CPD Policy*
- *Daily Running Policy*
- *Diversity & Equality Policy*
- *Employment & Staffing Policy*
- *EYPP Policy*
- *Fees, Charges & Non Payment Policy*
- *First Aid Policy*
- *Health & Safety Policy*
- *Infection Control Policy*
- *Looked After Children Policy*
- *Managing Children & Staff Allergies Policy*
- *Parent Involvement Policy*
- *Provider Records Policy*
- *Recording & Reporting of Accidents & Incidents Policy*
- *Special Education Needs & Inclusion Policy*

This policy will be monitored and evaluated at committee meetings. It will be reviewed bi-annually and unless new legislation or an incident occurs which requires an immediate review of this policy

November 2024

Review Date: November 2026

This Notice was adopted by the committee on 18/11/2024

Signed: *Jean De Gariis* _____

Reviewed Date: 18/11/2025

Signature: *N L Mann-Rae*

Amendments: N/A