**5.6 Food and drink**

**Policy statement**

At Woolston Preschool we recognise how snack and meal times are an important part of the preschool day. We recognise that eating is a great opportunity for some social time for children and adults and it helps children to learn and become aware of healthy eating and healthy eating habits. We ensure that our snacks that we provide are nutritious food, which meets the children's individual dietary needs.

**Procedures**

* Before a child starts to attend the pre-school, we ask in our registration forms about their dietary needs, religious preferences and any allergies or intolerances they may have. (See 5.5 Children with medical conditions policy )
* During regular catch ups with the parents we ensure that we ask if there's any changes or updates in regards to the children’s dietary needs. If there are any changes we will update the child's records accordingly.
* All dietary information about individual children's needs are stored in the snack cupboard and in the snack box this allows all staff and volunteers to be fully informed about them and ensure that there are no breaches to the child’s dietary needs.
* 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 ask the children what they would like for a snack the following week.
* We give parents details of the snacks we provide for children.
* We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar, salt and artificial additives, preservatives and colourings.
* We have fruit/vegetables available at every snack time.
* We do not provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
* 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 their 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.
* Under close supervision we encourage the children to cut their piece of fruit for their own snack.
* We provide children with utensils that are appropriate for their ages and stages of development and we take into account the eating practices in their individual 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.
* In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
* For children who drink milk, we provide whole pasteurised milk.

**This policy was adopted at a meeting of Woolston and Woolston Adventure Pre-School held in March 2012**

Reviewed December 2023

**Role on committee: Nominated person**

Signed by

Date

Name of Signatory:

**Woolston Preschool manager**

Name Gemma Woodward

Date

Signature