



Red Dragon Pre-School

Policies and Procedures

Food and Drink

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6.5 Food and Drink

Policy statement

Red Dragon Pre-School regards 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. We promote healthy eating using resources and materials.

At snack time, we aim to provide nutritious food, which meets the children's individual dietary needs. We encourage and promote parents to provide healthy and nutritious snacks and lunches for their children avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings. Children are offered hot meals from the school, these are healthy and nutritionally balance.

A healthy diet from a young age may also help to prevent ill health later in life.

Procedures

We follow these procedures to promote healthy eating at Red Dragon Pre-School.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies policy.)
- We record information about each child's dietary needs in their registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. Parents sign the up-dated record to signify that it is correct.
- We display current information about 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 parent's wishes.
- We display a snacks menu for the information of parents.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the four main food groups:
- 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 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 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 their diet or allergy.
- We organise snack/lunch times so that they are social occasions in which children and staff participate in key groups.

- We use meal times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- 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 session.
- For children who drink milk, we provide semi-skimmed pasteurised milk at snack time.

Meal times

When a child does not take up the hot meal offer, they are required to bring packed lunches, we:

- ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
- inform parents of our policy on healthy eating;
- inform parents of whether we have facilities to microwave cooked food brought from home;
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts, such as yoghurt or crème fraîche, where we can only provide cold food from home. We discourage sweet drinks and can provide children with water;
- we discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;
- If necessary we provide children with plates, cups and cutlery; and
- ensure that adults sit with children so that the mealtime is a social occasion.

Food Poisoning

We notify Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as is reasonably practicable, but in any event within 14 days of the incident.

Ofsted contact number: 0300 123 1231

We will notify the Local Environment Health Agency of any food poisoning case affecting two or more children looked after on the premises, as soon as reasonably possible.

Local Environment health Agency contact number: 01865 249811

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 2008)

This policy was adopted at a meeting of	Red Dragon Pre-School
Held on	
Date to be reviewed	
Signed on behalf of the management committee	
Name of signatory	
Role of signatory (e.g. chair/owner)	