

10. Food & Drink Procedure

Version number	Dates produced & approved	Reason for production & revision	Author	Locations	Proposed next review date
V1.0	Jan 2010	First adopted	Cttee	Dropbox.com	
V2.0	Jul 2016	Reviewed	C Timbrell	Dropbox.com Website	Jun 2017
V3.0	Sept 2017	Reviewed, updated and version controlled	K Coupe & G Potter	Dropbox.com Website	2019/20
V4.0	2 Nov 2020	Reviewed and updated	E Roberts	Dropbox.com Website	Jan 2022
V5-0	25 Apr 2022	Reviewed, updated and inclusion of "Associated policies and procedures" as per EY services safeguarding audit (section 175/157) 2022	K Coupe & L Jenkins	Dropbox.com Website	Apr 2024

Statement of intent

North Nibley Pre-school regards snack times as an important part of the Pre-school's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of Early Years Foundation Stage's standards on food and drink (Physical Development – Health and Self Care).

As a setting we rigorously ensure that the kitchen area where food is prepared and any plates or cutlery used, are always clean and this is checked daily¹.

Methods

- Before a child starts to attend the pre-school, we find out from parents their child/children's dietary needs, including any allergies.
- We record information about each child's dietary needs in her/his 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 which is consistent with their dietary needs and their parent's wishes.
- We provide nutritious food at all snack times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We include the following elements in snacks which are offered:
 - protein for growth; and..

¹ As per Policy 11 Health and Safety

- essential minerals and vitamins in raw foods, salads and fruits.
- 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 are a nut free zone. The staff 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 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 his/her diet or allergy.
- We use 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 – **with adult supervision**.
- We provide children with utensils, which are appropriate for their ages and stages of development and which take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children in their own individually labelled bottles.
- 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 pasteurised milk.
- For children who do not drink milk, we provide water.

Pandemics

During pandemic's we are unable to allow the children to serve themselves during snack times. We provide each child with their individual plate of snack providing a selection of different fruit/vegetables/carbohydrate adhering to their dietary requirements. We pour them either milk or water.

We remove the water bottles and have a jug of water with cups. When asked the staff can pour the child a drink, when the child has finished the cup is sterilised.

On the end of the unit we have a Makaton water/drink sign so that our non-verbal children can ask for a drink.

Associated policies and procedures

- 11 Health and Safety