

Elephant & Castle Child Care Centre **Food and Drink Policy**

Statement of intent

This setting regards snack and meal times as an important part of the settings session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of the Statutory Framework for the stage Early Years Foundation Stage May 2014.

Methods

- Before a child starts to attend the setting we find out from parents their children's dietary needs, including any allergies.
- Parents record information about their child's dietary needs on her/his Admissions form 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.
- 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 parents' wishes.
- We plan menus in advance, involving children and parents in the planning.
- We display the menus of meals/snacks for the information of parents.
- We display and identify any of the 14 allergens used in our menu, in conjunction with EU Food Information Regulation.
- We provide nutritious food at all meals and snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We include the following elements in meals which are offered:
 - protein for growth; and
 - 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.
- 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 her/his diet or allergy.
- We organise meal and snack times so that they are social occasions.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- 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 provide the children with containers which are filled daily with fresh water. The containers are labelled with photographs of the children to aid self access.

- In accordance with parents' wishes, we offer children arriving early in the morning - and/or staying late - an appropriate meal or snack.
- If parents need to provide food for their child, we will advise them about suitable foods and our storage facilities.
- We encourage children to share out food fairly and to think about their friends at the same time we discourage the swapping of food. In order to protect children with food allergies.
- For children who drink milk, we provide whole and pasteurised milk.
- We provide parents with daily information about feeding routines, intake and preferences of their child this is normally a verbal report but will be written if requested.

This policy was adopted in March 2005 and will be reviewed annually and amended as necessary.

Signed on behalf of the setting:

Reviewed March 06

Signed

Reviewed and amended March 2007

Reviewed March 11. Reviewed and amended June 2013

Reviewed and amended Dec 2014.