



FOOD AND DRINK POLICY

(part of our Safeguarding Children policies)

Statement of intent

Our school regards snack and meal times as an important part of the setting's 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 both encourage the children to bring nutritious food, and where appropriate, we provide nutritious food which meets the children's individual and religious dietary needs. We encourage the children to develop their communication and social skills via active involvement in snack and meal times.

Methods

Special dietary needs and food allergies

- We use sensitivity in catering for children with specific dietary needs.
- Before a child starts to attend the school, we find out from parents their 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 update records of children's specific dietary requirements and keep these in a prominent place in the school office.
- 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 as well as their parents' wishes.

Availability of water

- We have fresh drinking water constantly available for the children and staff. We inform the children about how to obtain the water and that they can ask for water at any time during the session/day.
- We encourage the children to help themselves to water, either with support or independently.

- We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.

Midday Snacks

- Children can bring in fruit or vegetables for a morning and/or afternoon snack.
- Children in Reception and Nursery classes are asked to bring the snack pre-cut in a Tupperware-type container.

School Lunches (this section will be applicable when we provide school lunches)

- We provide varied, healthy, and adequate meals.
- 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 provide nutritious food at all meals, 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:
 - meat, fish and protein alternatives;
 - grains, cereals and starch vegetables; and
 - fruit and vegetables.
- 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.
- If required, we provide a vegetarian alternative on days when meat or fish are offered.
- 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.

Packed lunches (this section will be applicable if children bring packed lunches)

- We advise parents to put packed lunches in insulated thermal packed lunch bags and to put frozen ice packs in the bags in the morning. This keeps food cold until past lunchtime.
- We inform parents of our policy on healthy eating.
- We encourage parents to provide sandwiches with a healthy filling or nutritious alternatives (eg pasta), fruit, and milk based deserts such as yoghurt. Children are not allowed to bring in crisps (or equivalent), biscuits, chocolates or sweets as part of their packed lunch. Children are allowed to bring a piece of cake in their packed lunch.
- We inform parents that children may not bring in any nuts or products containing nuts in their packed lunch.
- We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

Kosher Food

- We only permit Kedassia meat, food products with recognised hechshers and cholov Yisroel milk to be brought into the premises.
- We ask families to provide hechsher only, cholov yisroel food when hosting whole class birthday parties or parent events eg PTA meetings.

Rosh Chodesh

- Children are allowed to bring in morning break time nosh on Rosh Chodesh. This includes biscuits, crisps and fruit roll type snacks. Sweets and chocolates are not permitted.

Routines

- We plan snack-time as a regular, pleasant and social event.
- We encourage the children to take turns, share and be polite.
- We encourage common courtesies such as saying 'please' and 'thank you'.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- 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 that are appropriate for their ages and stages of development.

Storage of food

- Food is stored in hygienic and clean airtight containers.
- We advise parents to put packed lunches in insulated thermal packed lunch bags and to put frozen ice packs in the bags in the morning. This keeps food cold until past lunchtime.
- Food is always eaten by its sell-by date
- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we have a school rule that children should not share or swap their food with one another.
- For children who drink milk, we provide a cup of whole pasteurised milk every day. We ask families to provide approved soya milk alternatives if necessary.

Sara Harris (Headteacher)

Signed: *Sara J. Harris* (Headteacher) *Eddy Breuer-Weil* (Chair of Governors)

Date: June 2007