08 Food safety and nutrition policy

Our provision regards breakfast club, snack time and lunch club as important parts of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating and at breakfast and snack time, we aim to provide nutritious food which meets the children's individual dietary needs. Parents provide a packed lunch box for the children and are encouraged to supply healthy foods.

**Procedures**

We follow these procedures to promote healthy eating within Parley Community Preschool.

* Before a child starts their attendance at Parley Community Preschool, we ask their parents/carers about their dietary needs and preferences, including any allergies. (See the Sick or Infectious Children and Children with Allergies Policy
* Information about each child's dietary needs is recorded on the Registration Form and parents sign the form 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 keep current information about individual children's dietary needs in the register folder so that all staff and volunteers are fully informed about them.
* We have a display in the snack area with all dietary requirements to ensure all staff are aware.
* 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 provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
* We will include foods from the diet of each of the children's cultural background where appropriate, 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 by the preschool managers, we obtain information about dietary rules of any religious groups to which children and their parents belong, and of vegetarians and vegans, as well as 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 snack times so that they are social occasions in which all the children participate.
* We use snack times to help children to develop independence in feeding themselves.
* We provide children with utensils when necessary, that are appropriate for their ages and stages of development
* 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. A member of staff will sit beside children with allergies to ensure that food products belonging to other children are not consumed
* For children who drink milk, we provide semi-skimmed milk