



Strawberry Hill Pre-School

Food Handling and Drink Policy

The promotion of healthy eating

Snacks and meals are an important part of our routine and day. Eating is a sociable time for children and adults. It is a great opportunity for children to learn about healthy eating and develop independence through making choices, serving food and feeding themselves. We provide snacks and meals that are healthy, nutritious and well balanced.

We do this by:

- Including a variety of foods from the four main food groups. These are:
 - meat, fish and protein alternatives
 - dairy foods, grains and cereals
 - fruit
 - vegetables
- By meeting children's individual dietary needs.

To promote healthy eating we:

- Plan menus in advance and display these.
- Consult with parents regarding their child's individual dietary needs, including religious groups and allergies. Record this information on the child's registration card and parents sign and date this. This is reviewed as required.
- Display current information about individual child's dietary needs so that all staff and volunteers are fully aware about them.
- Take care not to provide food containing nuts and nut products and are especially observant where a child is known to have such an allergy.
- Organise meal times so that they are social occasions, where staff sit with the children.
- Provide utensils that are appropriate for the child's age and stage of development and that takes into account the eating practices in their cultures.
- Provide fresh drinking water at all times and milk.
- For children under two, we provide parents with daily written records of the child's intake and preferences.

Packed Lunches - If children are required to bring a packed lunch we ensure:

- We Inform parents of our healthy eating policy, to discourage sweet based drinks, crisps, processed foods and sweets
- Children's box and food is labelled in case it needs to be put in the fridge
- Food that requires refrigeration is taken out
- We provide children with packed lunches with plates, cups and cutlery
- Staff sit with children whilst they eat

Guidance from:

Safer food, better business Tele: 0845 606 0667

Eating well for under 5s in child care

Caroline Walker Trust www.cwt.org.uk

Feeding young imaginations PLA publication www.pla.org.uk

Policy written on 19 November 2010 by Lisa Neagle

Reviewed on 8.9.11, 8.9.12, 8.9.13, 10.9.14

Next review date 9 September 2015

All staff members to sign this policy to show that they have read, understood and agree with it.

Staff Name _____ Staff Signature _____

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