



## **Strawberry Hill Pre-School**

### **And Wrap Around Care**

#### **Food Handling and Drink Policy**

Wrap Around Care =  
St James Breakfast and After School Club  
St Richard Reynolds Breakfast and After School Club  
Twickenham Prep Wrap Club

#### **The promotion of healthy eating**

**All of the staff at Strawberry hill Pre-School and Wrap Around Care have completed Food Hygiene level 2.**

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
- Consult with parents regarding their child's individual dietary needs, including religious groups and allergies. This information is recorded 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 mealtimes 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 considers the eating practices in their cultures.
- Always provide fresh drinking water and milk.
- 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 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.

### **Packed Lunches**

If children are required to bring a packed lunch or their own snack, 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

**We aim to be a nut free environment and ask parents not to include any items containing nuts when bringing food into the setting. Please also see the Allergy Policy.**

Guidance from:

Safer food, better business Tele: 0845 606 0667

Eating well for under 5s in childcare

Caroline Walker Trust [www.cwt.org.uk](http://www.cwt.org.uk)

Feeding young imaginations PLA publication [www.pla.org.uk](http://www.pla.org.uk)

Reviewed March 2022