

This school is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment.



Food and Drink Policy



At Woodlands we aim to support your child's nutritional wellbeing and consider snack and lunch times an important part of the children's day. Eating represents a social time for children and adults and is a time to help educate the children about healthy eating. At snack time we aim to provide children with nutritious food which meets the children's individual dietary needs.

We follow these procedures to promote healthy eating in our setting:

- Before a child starts the setting, we ask their parents about their dietary needs and preferences, including any allergies, which is recorded on the child's Registration Form and parents sign the form to signify that it is correct.
- We display current information about individual children's dietary needs in the kitchen so that all staff and volunteers are fully informed about them. This is reviewed termly.
- 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.
- The snack menu is created by the Kitchen Assistant taking into account children's dietary requirements as well as their particular requests / likes.
- We display the menus of snacks for parents to view on the Parent Notice board.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar, salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the four main food groups:
 - meat, fish and protein alternatives;
 - dairy foods;
 - grains, cereals and starch vegetables; and
 - fruit and vegetables.
- We include foods from different 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 we are especially vigilant where we have a child who has a known allergy to nuts.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- We show sensitivity in providing for children's diets and allergies. We 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 use snack time to help children to develop independence through making choices, serving food and drink and feeding themselves whilst adhering to socially acceptable table manners.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.

“For I know the plans I have for you... plans to give you hope and a future.” Jeremiah 29:11

- 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. The children also have access to their own drinking bottles which the staff will refill with fresh water if it is empty.
- We provide semi-skimmed milk for all children at snack time.
- In accordance with parents' wishes, we offer children arriving between 8.00 and 8.30 a breakfast.

Packed lunches

We do not provide cooked meals and children are required to bring packed lunches into pre-school.

- We ask parents to provide an ice pack or pack lunches in a cool bag to ensure perishable contents of packed lunches are kept cool.
- We inform parents of our policy on healthy eating.
- We encourage parents to provide sandwiches or wraps with a healthy filling, fruit, and milk based deserts, such as yoghurt or crème fraîche. We discourage crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort.

We ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.

The following guidelines are provided for parents/carers to follow when preparing packed lunches:

Prepare sandwiches with a healthy filling or provide a healthy carbohydrate alternative such as crackers and cheese or pasta.

Include fruit and/or salad items

A yoghurt

PLEASE NO SWEETS OR EXCESSIVE PROCESSED TREATS

Suggested number of portions per day:

Fruit & Vegetables – At least 5 portions	Carbohydrates – 3 – 5 servings a day (E.g. Bread, pasta, , oats, potatoes and cereals)
Milk & dairy – 3 servings a day (E.g. Milk, yoghurt and cheese)	Fats & sugars - small amounts/occasional (E.g. Butter, oils, cream, chocolate, crisps, jam, cakes and biscuits)
Meat & vegetable protein – 2 – 3 servings (E.g. Meat, fish, eggs, nuts, beans, peas, lentils and soya)	

(Portion sizes for children can be roughly measured by the size of the palm of their hand.)

Recommended by http://www.childrenfirst.nhs.uk/kids/health/eat_smart/(April 2008)

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Try these tips to encourage a child to try a new food:

- If a child seems reluctant to eat certain fruit and vegetables, try mixing them with foods they already like such as yoghurt, rice or mashed potato.
- Show children new food a few times before you give it to them to try. Offer new food as often as possible. If they refuse the food, wait a few days then try again.
- Try to make meals a social occasion, eating the same food as your children, at the same time.
- Encourage children to help prepare new foods as they will be more likely to try them.
- Remember a taste can be as small as half a teaspoon.
- Children are more likely to try a new food if they have the option of not swallowing it.

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