

## **Food and Drink Policy**

At tinylittletinkers we regard snack and lunch times as an important part of our sessions. Eating represents a social time for children and adults and promotes healthy lifestyles and wellbeing.

### **Aim**

We aim to meet the full requirements of Statutory Framework for the Early Years Foundation Stage and to encourage healthy, balanced, varied and nutritious food, high meets the children's individual dietary and religious needs. We request that parents provide healthy snacks for our snack bar and inform parents of the Pre School lunch requirements.

### **Methods**

- Before a child starts to attend the pre-school, we find out from parents their children's dietary needs, including any allergies.
- We record information about each child's dietary needs in his/her registration record and parents sign the record to signify this.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We have fresh drinking water constantly available for the children. Only Water and milk is on offer to the children during snack time.

### **Snack Time**

- Snack time starts approximately 10:30 am in the morning session and 1:30 pm in the afternoon session. It takes place on a rolling basis with small groups of children being invited to wash their hands and sit at the snack table with a member of staff.
- We use snack times to help children to develop independence through making choices, preparing food and drink and feeding themselves.
- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
- For children who drink milk, we provide semi-skimmed pasteurised milk. This is delivered regularly and is kept in the fridge.
- We organize snack times so that they are social occasions in which children and staff participate.
- Food Hygiene is considered of the utmost important and at snack preparation we always consider hygiene, and implement this ensuring our kitchen area where food is prepared is clean. The snack table is always cleaned before and after use. And after snack all cups, plates and utensils are washed in hot soapy water before being stored in a clean location.

### **Lunch time sessions**

#### ***Our Aim***

- To provide a caring, safe and fun environment, with high quality supervision for

children whilst they eat lunch.

- At midday, children staying for lunch will be invited to wash their hands as the other children leave Pre-school.
- Children arriving at midday for lunch will be invited to wash their hands and take a seat at the table
- All packaging/leftovers will be sent home so parents can see what has been consumed.
- Once all children have finished their meal, they will get ready to join in the afternoon session with other children who are arriving.
- Parents are given a healthy eating leaflet included within their induction pack containing healthy suggestions and ideas for pack lunches.

Children are constantly supervised at meal times and staff are aware of this policy and support its implementation.

Please consider a healthy, balanced meal for your child- there are some great websites for ideas on healthy packed lunches.

[www.nhs.uk/change4life/pages/healthy-lunchbox-picnic.aspx](http://www.nhs.uk/change4life/pages/healthy-lunchbox-picnic.aspx)

[www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org)

### **Review**

The policy will be reviewed yearly, in May, and amendments and changes will be carried out in conjunction with the Pre School staff, through liaison by the Proprietor.