



Registered Charity No: 1130840
 School Mead, Abbots Langley, Hertfordshire WD5 0LB

Diet – Policy and Practice

The sharing of refreshments plays an important part in the social life of the pre-school.

EYFS Key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

The Pre-School will ensure that:

Before a child attends the setting we will find out from parents/carers their child’s dietary needs and preferences, including any allergies.

This information is recorded on the registration form that is signed by parents/carers and also on the initial child profile that is completed by parents for their child’s keyperson.

Parents are requested to keep staff up to date with any changes to their child’s dietary needs.

Children’s medical and personal dietary requirements are respected.

A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity to try unfamiliar foods.

The dietary rules of religious groups and also of vegetarians and vegans are known and met in appropriate ways.

All snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings.

All staff are made aware of children’s dietary needs and allergies are noted on the wall in the kitchen.

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Each child's self-registration card displays dietary information. This is easily seen and noted by the person helping with snack time.

Children will be offered a choice of drink and snack at snack time. The snack offered in the afternoon will be different from the snack offered in the morning to allow children who attend all day to be offered a variety of snack.

Milk provided for the children is semi-skimmed.

We provide children with utensils that are appropriate for their stage of development and take account of eating practices in their cultures.

We use snack time to help the children develop independence through making choices, serving food and drink and feeding themselves.

Snack time and the Lunch Club provides a time for staff to reinforce issues surrounding healthy eating.

Each half term the children participate in a cooking activity which will be planned to include ingredients and discussions that place an emphasis on healthy eating.

We have fresh drinking water available at all times. The children are encouraged to ask for water and are encouraged to help themselves any time during the session.

At least one member of staff holds a Food Health and Hygiene Certificate.

Lunch Club:

We inform parents about suitable containers for food.

We do not permit children to swap or share food.

We inform parents about keeping packed lunches cool with ice blocks.

We encourage parents to provide a balanced lunch for their child.

We encourage staff to sit with the children to make it a social occasion.

Please see other relevant policies:

Health and Hygiene, Safety

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Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

Further guidance

- *Safer Food, Better Business*
www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/

This Policy was adopted at a meeting of Breakspeare Community Pre-School held:.....

Signed on behalf of the Committee:

Name: Signature:

Signed on behalf of the Preschool:

Name: Signature:

This policy will be reviewed annually in September

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