

### **1.29 St Gregorys Childcare Trust Food and Drink Policy**

The St. Gregorys Child Care Trust regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating.

At snack times and meal times we aim to provide 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 to attend the setting we find out from the parents about the child's dietary needs and preferences including any allergies.
- We record information about dietary needs in his or her registration record and parents sign the record to signify that this is correct.
- We regularly consult with the parents to ensure that the children's records are up to date.
- We display current information about children's dietary needs so that staff and volunteers are fully informed.
- We implement systems to ensure that children only receive food and drink which is consistent with their dietary needs.
- We plan menus in advance, involving children and parents in the planning, by means of questionnaires
- We display the menus of meals and snacks for the information of parents.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugars and salt and artificial additives, preservatives and colourings.
- Sometimes we include food from each of the children's cultural back grounds, providing the children with familiar foods and introducing them to new ones.
- We require staff to show sensitivity when providing for children's diets. Staff do not use child's diet or allergy to single out children because of his or her dietary needs.
- We organise meal and snack time so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children develop independence through making choices serving food and drink and feeding themselves.
- We provide children with utensils which are appropriate for their ages and stages of development and that take account of eating practices in their culture.
- We have fresh drinking water constantly available for children. We inform children about how to obtain the water.
- In accordance with parent's wishes we offer children arriving in the morning or staying late an appropriate snack.
- In order to protect children with food allergies we discourage children from swapping and sharing their food with one another.
- For children who drink milk we provide semi skimmed pasteurised milk for under fives, over fives have semi skimmed.
- Where we cannot provide cooked meals children are required to bring packed lunches, we ensure that parents are informed that we cannot refrigerate perishable

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contents of packed lunches. Parents should provide an ice pack to keep their food cool.