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6.5 Food and drink

Policy statement

Broadhill Pre-School regards snack and meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating using resources and materials from the Pre-school Learning Alliance and promote this in our Prospectus and literature throughout the year. At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

We also ask our Parents/Carers to provide regular fruit donations or breadsticks for example or some parents prefer to make a monetary donation.

Procedures

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

- Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies. (See the 6.2 Managing Children who are Sick, Infectious or with Allergies Policy.)
- Information is recorded about each child's dietary needs in the Registration Form and parents are asked to sign and complete this form before their child attends.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. Parents sign the up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- 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.
- We provide nutritious food for snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods:
 - dairy foods:



- grains, cereals and starch vegetables; and fruit and vegetables.
- We include foods from the diet of each of the children's 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 enforce a 'NO NUT POLICY'
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
- 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/ diet or allergy.
- We use snack and lunch times to help children to develop independence, they are asked to open their lunchboxes and empty the contents onto a plate on the table and commence eating with Sandwiches and other items following after.
- 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 or help themselves at any time during the day.
- We provide a trolley for lunchboxes to be put on upon arrival.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- As an alternative to water at snack times we provide semi-skimmed milk.

Packed lunches

Where we cannot provide cooked meals and children are required to bring packed lunches, we:

- Parents are informed that we do not provide refrigeration facilities therefore they can provide a cool pack within their child's lunchbox at their discretion.
- Inform parents of our policy on healthy eating;
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based desserts, such as yoghurt or crème fraîche.
- We discourage sweet drinks and can provide children with water at lunchtime



- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
- Staff are always available over lunchtime to assist children with open packets etc.

NEW FOOD ALLERGEN REGULATIONS

From 13th December 2014, the EU Food Information for Consumers Regulation (EU FIC) has come into force. These European rules will be enforced in the UK by the Food Information Regulations 2014 (FIR).

In line with these new regulations we will be displaying a weekly allergens sheet, which will indicate which allergens are present in any of our daily snack items. The sheet will be displayed on the notice board in the hallway at Pre-School. A separate sheet will be displayed in advance of any planned cooking activities.

It must be emphasised that **all staff are already informed of any allergies that your child may have**, therefore, if you have already notified us of an allergy which your child has you do not need to do anything further. However, if you have any concerns that a particular allergen displayed may affect your child and wish to inform us, please speak to June or Ellen or ring 01993 705509 or email us on broadhillpreschool@btconnect.com.

At this point in time the Pre-school requests that any snack donations are fruit only. We shall continue to provide toast, breadsticks etc., however, due to the new regulations, it will be necessary for the Pre-school to purchase these items in advance in order to list the allergen information to present to parents and carers. **Any cash donations will be gratefully received in the yellow money box in the hallway and will be used to purchase these items.**

Finally, sweet treats for birthdays are still welcome as the sweets are given to the children to take home. However, should you wish to send in a birthday cake to celebrate your child's birthday, in order to comply with the new regulations, it will need to be **shop-bought and pre-packaged** and preschool will need to have sight of the ingredient list at least 24 hours beforehand.

Further information can be found at www.food.gov.uk/allergy

Please do not hesitate to speak to Jackie or Jane if you have any questions.