



# HUMPTY DUMPTY PRE-SCHOOL

All Saints Centre, New Road, Hackbridge, Surrey CR4 4JN

## FOOD AND DRINK POLICY

Parents Pack

Here at Humpty Dumpty Pre-school we regard snack and meal times as an important part of the setting's day. Eating presents as a social time for the children and adults and helps the children to learn about healthy eating. We promote healthy eating using resources and materials from the Pre-school Learning Alliance campaign Feeding Young imagination. At snack time we aim to make sure that all the children have fruit, dried fruit and water and milk, which meets the children's individual dietary needs.

### Procedures

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

- Before a child starts at our setting we find out from their parents what their children's dietary needs and preferences are, including any allergies.
- The child's parents record the information about their dietary needs in his/her registration record and parents sign the record to signify that it is correct.
- These records are kept up to date with any new allergies/dietary needs.
- Children's dietary needs and allergies are kept up to date and 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 parent's wishes.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- 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 his/her diet or allergy.
- Snack time and Lunch Club is a social occasion in which children and staff participate.
- We use snack time and Lunch Club to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We have fresh drinking water constantly available for children. We inform the children that they can ask for water at any time during the day.

- We inform parents who provide food for their children about the storage facilities available in the setting.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide whole pasteurised milk, bought fresh every morning.

This policy was revised and updated in September 2023  
It will be reviewed annually.