



Food and Drink Policy

Rationale

At minnows' pre-School we believe it is essential to provide children with positive healthy eating experiences in order to promote their wellbeing. We also encourage children to look at the long-term effects of a healthy and balanced diet.

We respect the different dietary, cultural and health needs of all our children.

Implementation of the policy

The **Manager** must ensure that:

- new members of staff, including students and volunteers, receive copies of the Food and Drink Policy, and that this is discussed with them during their induction meeting.
- all staff, students and volunteers are made fully aware of individual children's dietary needs and requirements.
- the Food and Drink Policy is made available to all parent and carers.

Availability of water

- We have fresh drinking water and suitable cups or water bottles should be provided so that they are readily available for children at all times.
- We encourage the children to help themselves to water, either with support or independently.
- We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.
- We monitor the amounts children drink.

Multi-cultural requirements

- Staff respect and make arrangements for children's cultural and religious needs.

Special dietary needs and food allergies

- We use sensitivity in catering for children with specific dietary needs.
- We update records of children's specific dietary requirements regularly and keep these in a prominent place.

Snacks

- We offer a balance and variety of snacks to provide a range of cultural and nutritious experiences for the children.

Routines

- We plan snack-time as a regular, pleasant and social event.
- We encourage the children to take turns, share and be polite.
- We encourage common courtesies such as saying 'please' and 'thank you'.

Social aspects

- We make every effort to involve parents and children in planning, preparing and serving snacks.
- We sit with children and encourage them to talk and listen to each other, learning to respect each other's views and opinions, likes and dislikes, etc.

Storage of food (including lunch-boxes)

- Food is stored in hygienic and clean airtight containers.
- Food that needs to be kept chilled is put on the appropriate shelf in a fridge.
- Food is always eaten by its sell-by date
 - Appropriate safe and hygienic arrangements will be made for storing lunch-boxes.