



StThomas's Church Hall, 75 Monsell Road, London, 2EF N4

TEL. 0207 354 9347



Promoting health and hygiene

Food and drink policy

Policy statement - St Thomas' preschool regards snack times as an important part of the preschool's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures

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

- Before a child starts to attend the preschool, we inform parents of our 'Menu' and find out from parents their children's dietary needs and preferences, including any allergies. We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct. We ask that parents provide any alternative food for their child, unless they have a medical letter from the doctor/ hospital.
 - We regularly consult with parents about their child's 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 all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
 - 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 are especially vigilant where we have a child who has a known allergy to nuts.

We encourage parents who wish to breast feed to do so by being a breastfeeding friendly space. Through discussion with parents, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and 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/his diet or allergy.
- We organise snack times so that they are social occasions in which children and staff participate.
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- 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 at any time during the day.
- 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.
- **Legal Framework**
 - Regulation (EC) 853/2004 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 by St Thomas' preschool on April 2023 and will be reviewed on April 2024

