

## Cranford Food and Drink Policy

Our provision 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. At snack time we aim to provide nutritious food, which meets the children's dietary needs.

### Procedures

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

- Before a child starts to attend the nursery we ask parents about their dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in the registration form and parents sign the form to signify that it is correct.
- We regularly consult with parents to ensure that our records of their child's dietary needs are up to date.
- We display current information about children's dietary needs so all staff are informed.
- We display our snack menu.
- We inform parents who provide food for lunch about our storage facilities available and advise parents on how to prepare and store lunches for the next day.
- We have fresh drinking water for the children, we teach the children how to help themselves to water and also that they can ask at any time for a drink.
- We offer extra snacks in the morning and evening for children.
- We advise parents about suitable food containers for food.
- In order to protect children from allergies, we discourage from sharing and swapping their food.
- We ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool
- We inform parents on our policy for healthy eating and request that sweets and chocolate are restricted.
- We inform parents of whether we have facilities to microwave cooked food brought from home.

- We encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yogurt, we discourage sweets, cakes, biscuits and sugary drinks.
- We discourage lunches where the content consists largely of unhealthy food such as crisps and biscuits and cake and therefore we reserve the right to return some of this food as a last resort with a note to the parents.
- We ensure staff sit with the children to eat their lunch so that meal time is a social occasion.

### Legal Framework

Regulation (EC) 852/2004 Hygiene of Foodstuffs

This policy was adopted by F Harcourt, August 15<sup>th</sup> 2018

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