

Food and drink

Policy statement

Chandlers Chatters regard snack time an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack, 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 setting, we ask their parents about their dietary needs, including any allergies.
- We record information about each child's dietary needs in the Registration Form.
- We display current information about individual children's dietary needs so that all our 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 snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the three main food groups:
 - dairy foods;
 - grains and cereals.
 - 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 are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading, 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. Parent/Carers like to celebrate their child's birthday within the group by giving out sweets and although we do encourage this Parent/Carers must be present at the end of the session to give the sweets out as this isn't our responsibility due to the Health and Safety aspects.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use snack time 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.

- [We/I] give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For young children who drink milk, for young children who drink milk semi-skimmed milk is provided from the age of two years.

Packed lunches:

- We encourage parents to provide sandwiches with a healthy filling, fruit, and milk-based deserts, such as yoghurt or crème fraiche and a biscuit bar or a packet of crisps. If you send your child in with grapes or cherry tomatoes, they MUST be cut in half, sausages of any sort must into small pieces, if they are not then they will be sent home with them untouched as we will not be able to do this. We can provide children with milk or water but if they prefer a small carton of drink is permitted
- ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.

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Next review Date July 2021