



## Food and Drink Policy (Cavendish Pre-School)

Believing in Excellence means that the Trust has key values that all members of our schools' community live by.

These are:

- Respect;
- Resilience;
- Responsibility.

Date of Policy	November 2022
Date agreed by Primary Executive Headteacher	November 2022
Date of next review	September 2025

Cavendish Education Trust (Eastbourne) is an exempt charity and a company limited by guarantee, registered in England and Wales with Company Number 8135372. Its registered office is at Eldon Road, Eastbourne, East Sussex BN21 1UE

## **Policy statement**

At Cavendish 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. Cavendish Pre-School regards snacks and meal times as an important part of the Pre-School day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary requirements. We aim to be a nut free setting but cannot guarantee this. Whilst we ask parents not to send nut based products into school, there is always a possibility that there may be traces of nuts in products.

## **Implementation of the policy**

- New members of staff, including students and volunteers, receive copies of the Food and Drink Policy and this is discussed with them during their induction meeting.
- All staff, students and volunteers, are made fully aware of individual children's dietary needs, requirements and allergies.
- The Food and Drink Policy is made available to all parents and carers.
- Individual dietary needs, preferences and allergies are discussed with parents during their settling in sessions.

## **Method**

- Before a child starts to attend the nursery, we find out from parents/carers their children's dietary needs, including any allergies. This is done in person, but in the first instance by filling in details in the application pack.
- We record information about each child's dietary needs in her/his registration record.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parent's wishes.
- We have the menus on display for the parents and communicate with them if there are any concerns over their child's eating.
- We provide nutritious food at all meals and snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- Through discussion with parents/carers and research, we obtain information about the dietary rules of the religious groups to which children and their families belong, vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils which are appropriate for their ages and stages of development and which take account of the eating practices in their cultures.

- We use snack time to encourage the development of children's independence and to understand their needs. Sometimes this is a group snack, or an open snack where children can come and go when they are ready.
- We have cooking sessions where we encourage children to join in with the preparation of food and to learn about healthy choices.
- We appreciate that some children are fussy eaters, and ensure that we take a sensitive approach to these situations. Lunchtime is a social, happy time. Fussy eaters will be encouraged to try food and will be assessed on an individual basis as to how best to handle them and all staff will be aware of this and take the same approach.

### **Allergies**

- Before a child starts to attend the Preschool, we ask parents/carers for details of their child's dietary needs, including any allergies. This is completed by filling in the documents in the registration pack and through conversations with parents.
- We record information about each child's dietary needs in her/his registration record.
- If a child has any severe allergies a care plan will be created for them. This will be done in conjunction with the parents and reviewed regularly.
- 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.
- We display current information about individual children's dietary needs and allergies along with a picture in areas where food is served and stored so that all staff and volunteers are fully informed.
- We regularly consult with parents/carers to ensure that our records of their children's dietary needs – including any allergies – are up-to-date.

### **Availability of water**

- We do not permit Juice or squash at Pre-School. It is important for children to maintain fluids during the day and we understand that some children do not like water, in this instance we suggest that they are encouraged to drink water with fresh fruit in.
- We have fresh drinking water and suitable cups readily available for children and staff at all times we encourage the children to help themselves to water, either with support or independently.
- Children will bring their own named water bottle to be kept at Pre-School. This will be filled and re-filled as necessary through the day. It will be cleaned in the dishwasher at the end of each day.
- 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.
- All taps in the pre-school produce water that is safe to drink.

### **Snacks and Meals**

We offer a balance and variety of snacks to provide a range of cultural and nutritious experiences for the children. We provide varied, healthy, regular and nutritious meals (provided by our school caterers) and follow government recommended guidelines. Menus are displayed

at the pre-school for parents to view. We provide nutritious food at all snack times, which includes fruit or vegetables avoiding additional sugar and salt, artificial additives, preservatives and colourings wherever possible.

### **Healthy Lunch Box Policy**

- To ensure all lunch boxes provided by children's parents/carers contain healthy and nutritionally balanced foods.
- To support parents/carers to understand the importance of establishing healthy eating patterns in their children from a young age.
- To ensure that lunch boxes do not contain peanut or peanut-based products.

It is the nursery's policy that sweets, chocolate bars, fizzy and squash drinks should not be included in children's lunch boxes following healthy eating and best practice guidance. Smoothies and juices are permitted with lunch. Consuming these drinks with food is recommended to reduce the risk to teeth.

In addition, due to the risk of allergic reactions we ask that no peanut or peanut based products are included in children's lunch boxes including chocolate hazelnut spread or snacks that contain it.

### **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.

### **Our Environment**

At the pre-school we also consider our environment, stock control and food waste. As much as possible we recycle our food packaging. Suitable items are used by the children in the pre-school for a variety of creative projects. The pre-school minimises food waste by stock control and food portion sizes.

### **Routines**

- We plan snack-time and meals as a regular, pleasant and social event.
- We encourage the children to take turns, share and be polite with each other and staff.
- We encourage common courtesies such as saying 'please' and 'thank you'.
- We encourage and support children to use age appropriate cutlery and napkins.
- We encourage and support children to be independent and serve themselves.
- We encourage children to discuss what food they like and don't like and why.
- We encourage children to understand the benefits of a healthy diet.

### **Storage of food**

- 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.
- Food stock is rotated weekly to ensure it is kept fresh.

