

1.21 Little Avenues Pre-school Food and Drink Policy

Snack and lunch time are sociable times at pre-school as well as reinforcing children's understanding of the importance of healthy eating.

Little Avenues Pre-school promotes nutritious healthy food and ensures the dietary needs of each child are met.

We are a Nut Free Pre-school.

We promote healthy eating in our setting:

- Parents provide details of their child's dietary requirements and allergies prior to their start date
- We display current information about known allergens and individual children's dietary needs so that all practitioners are fully aware, whilst maintaining confidentiality
- We do not provide food containing nut products and are especially vigilant where we have a child who has a known allergy to nuts
- Educators do not use a child's diet/allergy as a label for the child or make a child feel singled out because of his/her diet/allergy
- We organise meal time so that they are social occasions in which children and adults participate
- We use snack time to help children to develop independence through making choices, serving food and drink and feeding themselves
- We have fresh water constantly available for children. We inform children that it is available for them at any-time during the session, they can help themselves or ask a practitioner to pour it out for them
- In order to protect children with food allergies, we discourage children from sharing and swapping food with one another

Packed Lunches

Children are required to bring in packed lunches.

- The pre-school requests that lunch boxes contain an ice-pack to keep food cool
- The pre-school requests that children are supplied with healthy lunches that they do not contain sweets, fizzy drinks or chocolate. The pre-school reserves the right to return this food to the parent as a last resort.
- Uneaten items of food are left in lunch boxes so that parent's are aware of how much their child has eaten
- We ensure that practitioners sit with the children to eat their lunch so that meal times are a safe and sociable occasion.