



## **RAINBOW PRE-SCHOOL**

Established 1979

Registered Charity No: 1026005

### **BAPTIST CHURCH HALL**

2 Dukes Avenue, Muswell Hill, London N10 2PT

Telephone 020 8883 4010

## **Food and drink policy**

### **Policy statement**

We regard snack and lunch 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. At snack times we aim to provide healthy snacks, which meet the children's individual dietary needs. For children who are staying all day, we ask parents to provide a healthy lunch. We are committed to children eating healthy, nutritious and balanced meals and snacks which meet individual needs and requirements, following the Department for Education nutrition guidance.<sup>1</sup>

### **Procedures**

#### **Management of food safety, allergies and dietary needs**

- When a child starts, we collect information about dietary needs, preferences and allergies through the emergency form.
- Allergy information is collated and displayed at the serving hatch between the kitchen and hall.
- All staff are aware of children with food allergies or intolerances and individual dietary requirements are respected. Any information from parents is shared with all staff.
- Where appropriate, we will carry out a risk assessment in the case of known allergies and work alongside parents to put into place an individual dietary/allergy plan for their child. This will be regularly reviewed and any changes shared with all staff
- Children's lunch boxes will be reviewed prior to giving the contents to the children to manage any risks from potential allergens or choking hazards.
- We give careful consideration to seating to avoid cross contamination of food from child to child
- Children will always be within sight and hearing of a member of staff while eating and, where possible, an adult will sit facing children while they eat, to minimise risks from choking and allergic reactions. In addition, a member of staff with a full and valid paediatric first aid certificate will be in the room, where possible

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<sup>1</sup>

[https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early\\_years\\_foundation\\_stage\\_nutrition\\_guidance.pdf](https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf)

- We ask parents to keep us up to date with any changes to their child's dietary requirements, preferences and allergies.
- Staff supervise snack and lunch times, ensuring children do not share/ swap their food with one another. Where appropriate, discussions will also take place with children about allergies and potential risks to make them aware of the dangers of sharing certain foods.
- We operate a **strict nut-free zone**. Parents/ carers **must not** send their child in with any food or snacks containing nuts. Any items containing nuts will be removed from the packed lunch and returned to the parent/carer at the end of the day.
- We do not provide cooked meals or reheat cooked foods.
- We ask parents to provide hot lunches in an insulated food bag or food flask (as appropriate) to ensure food is maintained at the right temperature.
- Refrigeration is available for cold lunches.
- Lunches are stored in a cool, dry place

### Snacks and Lunches

- During the session we provide healthy snacks (e.g., crackers, fruit and vegetables)
- 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 provide semi-skimmed milk for children aged 2 years and older.
- Parents are informed that they must provide a packed lunch if their child is staying for lunch. Hot lunches must be provided in an insulated food bag or food flask as **we cannot reheat cooked food**.
- We provide children bringing packed lunches with plates, cups and age-appropriate cutlery.
- We organise lunch and snack times so that they are social occasions in which children and adults participate.
- We use lunch and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- Children wash their hands before and after snack/ lunch time.
- Our staff will supervise and support children by feeding them, when necessary, but we cannot force children to eat.
- Care is taken to ensure that children with food allergies do not have contact with foods that they are allergic to.
- Cultural differences in eating habits are respected.

### Packed lunch guidelines

- We encourage all parents to provide a healthy packed lunch
- We provide parents with guidelines for nutritious content and signpost to the NHS packed lunch guidance:  
NHS Healthier lunchbox recipes -  
<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

- Food for Life's packed lunches guidance - <https://bit.ly/4t3Jb9d>
- Food Standards Agency 'Early years food choking hazards' advice for preparing food for babies and children under five years olds: <https://tinyurl.com/EYchokinghazards>
- Packed lunch guidelines are shared regularly via email bulletins and our social media channels.
- We ask parents to;
  - Use easy-to-open containers/packaging where possible, to promote your child's independence
  - Ensure all food is within the use-by date
  - Ensure all lunchboxes/containers/bags are clearly marked with your child's name