

HARPOLE PRE-SCHOOL

"Kind Hands, Kind Hearts, Fun Learning"

3.4 Menu Planning and Nutrition Policy & Procedure

Harpole Preschool has adopted the Preschool Learning Alliance (PLA) policy Children's rights and entitlements. The PLA ensure that their policies adhere to statutory guidance and legislative procedure and they provide the preschool with any updates. All policies and procedures are ratified by the Preschool Trustees on a rolling programme. The preschool staff, led by Sharon Matthews, ensure that their practice is in line with the policies and procedures outlined in the PLA guidance.

Policy statement

Food provides a healthy, balanced diet for growth and development. Foods containing any of 14 allergens identified by the FSA are identified on menus. Dietary guidance to promote health and reduce risk of disease is followed. When planning menus, the setting manager ensure that:

- Menus are planned for a four to 8 week cycle depending on term times in advance, however these are subject to change depending on circumstances within the setting.
- We provide breakfast and tea meals for children and snacks for the am and pm sessions for parents who make the voluntary contribution. Any parents opting out of making the voluntary contribution for their child will be asked to provide a breakfast/snack for their child similar to the menu for that day to make their child feel included. This is not compulsory and a parent may provide their own suitable meal/snack in accordance with our food policies.
- Chocolate, crisps and biscuits will not be accepted as a suitable snack for am or pm session or breakfast for parents providing their own food where they have opted out of making voluntary contributions.
- Menus reflect cultural backgrounds, religious restrictions and food preferences of some ethnic groups.
- Menus are clearly displayed so that parents and staff know what is being provided.
- Foods that contain any of the 14 major allergens are identified on the menu that is displayed for parents/carers.
- Parents/carers must share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis with their key person.
- Key persons regularly share information about the children's levels of appetite and enjoyment of food with parents/carers.
- Staff refer to Help for early years providers : Food safety which includes:

  Example menus for early years settings in England: Guidance and Example menus for early years settings in England : Recipes
- Eat Better, Start Better - Foundation Years.

- The cook maintains a record of children's dietary needs in a Food Allergy and Dietary Needs folder.

Packed lunches

Harpole Preschool do not provide hot or cold meals for children. Where children stay for lunch a packed lunch is provided by parents/carers. We encourage a healthy, balanced diet and provide information and top tips based on current healthy eating guidance and about what is appropriate content for a child's lunch box, however parents are responsible for contents of their child's lunch box based on the knowledge of their own child, what they may or may not eat, allergies and intolerances, and personal and financial circumstances relevant to themselves and their child and any additional factors that may affect their child's eating habits. This is to ensure we do not introduce or compound any negative eating issues/problems/habits.

Parents/carers are also advised to take measures to ensure children's lunch box contents remain cool i.e. ice packs, as the setting does not have facilities for refrigeration.

This policy was adopted by	Harpole Pre-school	*(Name of provider)*
On		*(date)*
Date to be reviewed		*(date)*
Signed on behalf of the provider		
Name of signatory		
Role of signatory		