

FOOD AND DRINK POLICY

Statement of intent

Bishy Barnabees regards snack and meal 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.

Aim

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Methods

- Before a child starts to attend Bishy Barnabees, we find out from parents their children's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs on her/his registration form and parents sign this form to signify that it is correct.
- We regularly consult with parents to ensure that our records are up to date.
- 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, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- 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 discussions with parents and research reading by staff, we obtain information about the dietary rules of the religious groups, to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- 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 her/his diet or allergy.
- We use snack and meal times to help children to develop independence through making choices and serving food and drink.
- 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.
- For children who drink milk, we provide whole pasteurised milk.

This policy was adopted in May 2008
Reviewed March 2017