



## **Triangle Pre-School**

Wesley Methodist Church Hall, Fromond Road, Winchester, Hampshire, SO22 6EG

Telephone 01962 880988

Registered Charity Number: 1033953

### **Food and Drink Policy**

This setting regards snack and meal times as an important part of the day. Eating represents a social time for children and helps children learn about healthy eating. At snack time we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to encourage parents to make sure their child's lunch box contains a healthy and nutritious meal.

#### **Procedures**

We follow these procedures to promote healthy eating in our setting:

- When a child starts at pre-school we find out from parents their child's dietary needs and allergies. All allergies are highlighted by a label, on the child's wipe clean tablemat. A photo of the child with details of their allergies and the hours they attend PreSchool are put on the notice board with parents/carers contact details on the back.
- Information about each child's dietary requirements are noted in their registration record which parents fill in and sign.
- We regularly consult with parents to ensure that our records of dietary requirements, including allergies, are up to date.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We display a daily menu for parents/guardians on our notice board in the foyer.
- We provide nutritious food for all snacks avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We are a nut free setting.
- We include food from the diets of each of the children's cultural backgrounds. Though discussion with the parents we gain information about the dietary rules of religious groups to which the children belong and of vegetarians and vegans.
- We require all staff to show sensitivity in providing for children's diet and allergies.
- We organise snack and lunch times so they are social occasions in which children and staff participate.
- We use snack time to help children to develop independence through making choices and serving themselves with food and drink.
- Fresh drinking water is always available inside and out.
- We inform parents who provide food for their children about the storage facilities available in the setting.



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- We make sure all parents have access to information with suggestions for a healthy packed lunch and this information is also available in the foyer.
- In order to protect children with food allergies we discourage children from sharing and swapping their food with each other.
- We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.
- We provide whole pasteurised milk.
- We have a comprehensive list of ingredients of every food product we offer to the children which is available for parents or other interested parties to view at anytime.

**This policy was adopted at a meeting of Triangle PreSchool held on:  
4<sup>th</sup> February 2020.**

**Date to be reviewed:** January 2022.

**Signed on behalf of the Management committee:** .....

**Name of Signatory:** .....

**Role of Signatory:** .....