



Kingsdown Pre-school Food and Drink policy

The sharing of refreshments can play an important part in the social life of Pre-school as well as reinforcing children's understanding of the importance of healthy eating and only taking what they need.

The pre-school will ensure that it fulfils all the requirements of the registering body (Ofsted)

- All snacks provided by pre-school will be nutritious, avoiding larger quantities of fat, sugar, salt additives, preservatives and colourings. We encourage parents to provide healthy lunches for their children
- Children are offered and encouraged to have a drink and snack mid-morning. For those staying for the afternoon session, lunch time starts at approximately 12.15pm where children eat a packed lunch provided by parents/carers
- Lunch boxes will be stored in a cool place. Parents are requested to provide ice packs in the lunch boxes particularly in the summer term. Refrigerated storage is available if a parent considers this necessary.
- Our snack will always include fruit, this is normally fresh but may sometimes be in a dried form, and a carbohydrate such as bread, pitta, breadsticks, crackers etc. On special occasions such as pancake day, children may help to prepare their own pancakes to eat at snack time
- Milk is whole and pasteurised and is delivered via "Coolmilk" twice a week
- We only use dairy free spread
- At snack time children are encouraged to pour their own milk or water and spread their own spread. The children also wash their own plates, cups and cutlery although we would stress that these are washed again in extremely hot water to avoid any cross contamination
- Parents are asked to provide water in a reusable drinking bottle for their child to drink during the day and with their lunch. These are always easily accessible by the children and are refilled and refreshed by staff as needed
- Before a child starts attending pre-school, the manager will discuss with parents/carers if the child has any dietary needs including allergies and dietary preferences and will make appropriate arrangements to meet them
- Details of any allergy or dietary need will be noted on a board that is displayed near the snack area so that all staff and volunteers are always aware of any specific requirements. The child's photo will be displayed alongside this
- A marker will also be on the child's name card as an additional way to indicate an allergy or dietary preference
- A board is displayed at the end of the session for parents/carers to see the snack that was provided with the relevant allergens indicated

The pre-school will observe current legislation regarding food hygiene, registration and training and with particular reference to the Safer Food, Better Business food management system. In particular adults at the pre-school will:

- Follow the Safer Food Better Business Food Management System for storing, preparing and recording food provided at Pre-school
- Always wash hands under running water before handling food and after using the toilet and ensure the children do the same
- Not be involved in the preparation of food if suffering from any infectious/contagious illness including a sore throat or skin trouble

- Never smoke on the pre-school premises or prepare or serve food immediately after smoking
- Never cough or sneeze over food
- Use different cleaning cloths (as per laminates displayed in kitchen)
- Use different mops for kitchen and toilet areas
- Prepare foods on the relevant coloured boards (see laminate displayed in kitchen)
- Keep food covered
- Always follow storage and preparation instructions as specified on food labels
- Check use by dates and dispose of food past these dates
- Check and record the fridge temperature at the start and end of each day
- Follow the kitchen cleaning schedule including the table surfaces prior to snack and lunch time

This policy will be reviewed annually or sooner if needed

This policy was reviewed by Kingsdown Pre-school on 11 April 2022

Signed on behalf of Kingsdown Pre-school A.Bridges

Chairperson of Kingsdown Pre-school Committee