



Healthy Food & Drink

At Bierton Pre School, snack and lunch time is an important part of the day.

At snack time we provide nutritious and healthy food, usually, crackers, fruit and salad.

- Before a child starts to attend the setting, we ask parents about any dietary needs, preferences, and allergies. (See Allergies, Allergic Reactions & Allergens inc 'No Nuts' policy)
- We record information about each child's dietary needs in their registration details.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed.
- We implement systems to ensure that children only consume food and drink that is consistent with their dietary needs and preferences.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar, salt, artificial additives, preservatives and colourings.
- Through discussion with parents, we obtain information about the dietary rules of the religious groups to which children and their parents belong and of vegetarians and vegans, as well as about food allergies.
- We require staff to show sensitivity in providing for children's diets and allergies and will ensure the child does not feel singled out because of his/her diet or allergy.
- We organise snack and lunch time so that they are social occasions in which children and staff participate.
- We ask that the children bring a named water bottle to pre school to ensure that they have access to water at all times during the session.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- We provide semi-skimmed milk or water to drink at snack time.

Packed Lunch

- Parents are asked to provide a healthy lunch for their child, for example, a sandwich, fruit, salad, yogurt.
- No sweets in lunch boxes or bags. Sweets will be removed and returned at the end of the session.
- We ask that children's lunch boxes do not contain any nut products (please see Allergies, Allergic reactions & Allergens inc No Nuts policy).
- Lunch boxes are checked, any products/items found that may contain nuts will be removed and returned at the end of the session. A note will be placed in the lunchbox to inform you.
- Staff sit with the children to ensure that lunch time is a social occasion.

This policy was adopted by the Bierton Pre School Committee

Date: **12th March 2019**

Signed:.....

Name: **SARAH HEARN**

Role of signatory: **CHAIRPERSON**

Signed, all staff: