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| Pavilion Pirates Preschool  Baden-Powell Lodge,  Pavilion Road,  Off Woodhouse Lane,  Botley,  SO30 2EZ  Contact During Session:  07769177701 | ***Registered Charity:1185950***  **2001-2021**  **20 Years**  ***Registered with Ofsted***  ***Supported By***  ***small for partnership publications*** |

**6.5 Healthy Eating Policy – Food and Drink**

**Policy Statement**

We regard 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. At snack and meal times, we aim to ensure nutritious food, which meets the children's individual dietary needs is provided by parents/carers, and that advice is available to advise parents who may require assistance.

**Procedures**

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

* Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
* We record information about each child's dietary needs in the Registration Form and parents sign the form to signify that it is correct.
* It is the parent’s responsibility to update us of any changes as soon as they occur.
* We display current information about individual children's dietary needs so that all our staff and volunteers are fully informed about them.
* 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 take care not to provide food containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts.
* Through discussion with parents and research reading, 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 take account of this information in the provision of food and drinks.
* We show sensitivity in providing for children's diets and allergies. We 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 meal and snack times to help children to develop independence through developing the ability to feed themselves and use utensils.
* We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
* 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.
* In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
* We ensure all children wash their hands both before and after snack, to ensure there is no cross contamination of food after snack/lunch times.

*Drinks, snack and packed lunches*

We cannot provide cooked meals so children are required to bring snack and packed lunches. We:

* ask parents to make sure packed lunches contain an ice pack to keep food cool;
* inform parents of our policy on healthy eating;
* encourage parents to provide sandwiches with a healthy filling, fruit, and milk­-based deserts, such as yoghurt or crème fraiche. We ask parents not to include sweet drinks and can provide children with water or milk;
* discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. One small treat such as a biscuit is fine. However, we request that no chocolate or sweets are included in lunch boxes. We reserve the right to return this food to the parent as a last resort;
* provide children that are bringing packed lunches with plates, cups and cutlery.
* encourage children to drink plenty of water throughout the day and ask that parents do not add juice or squash to drink bottles. If children really struggle with drinking water, an alternative of flavoured water can be brought in.

**Legal framework**

Regulation (EC) 852/2004 of the European Parliament and the Council on the Hygiene of Foodstuffs

**Further guidance**

* Safer Food, Better Business (Food Standards Agency 2011

**6.5 Healthy Eating Policy**

**This policy was adopted by Pavilion Pirates Preschool CIO**

**On 21.07.2021**

**Date reviewed Every two years or as required**

**Signed on behalf of the provider**

**Name and Role of Signatory Linda Noble (Trustee/NI)**

**Signed on behalf of the provider**

**Name and Role of Signatory Helen Travers (Trustee)**

**REVIEW DATE 21.07.2026**