

## Food and Drink Policy

### Statement of Intent

Eduplay's mobile crèche and MFC crèche regards snack and mealtimes as an important part of the session/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 provide nutritious food which meets the children's individual dietary needs, whilst also meeting the EYFS requirements as set by Ofsted regarding food and drink.

- Raising awareness of our food hygiene policy is included as part of our induction process for families, staff, students and volunteers.
- Training/support with regards to food hygiene and healthy eating is available to all who work within or have access to our services.
- Prior to a child attending our crèche sessions, we find out from parents/carers their children's dietary needs and preferences, including any allergies and dietary rules for religious or cultural purposes.
- We will record information of each child's dietary needs on his/her registration form and ask parents to sign the form to signify that it is correct.
- We consult with parents/carers on a regular basis to ensure that records of their children's dietary needs/allergies are up to date.
- Within our crèche provision we collate information about individual children's dietary needs. This is located in the food prep area to ensure staff, students and volunteers have access and can refer to the information as required to ensure children with food allergies are protected.
- We supervise children during meal/snack times to ensure they never swap or share their food with one another in order to protect children with food allergies.
- Our menus are planned in advance involving the cook at Belle Isle Family Centre (BIFC), children and their families.
- We provide a wide selection of foods to promote the four main food groups, encourage healthy eating and demonstrate respect for different cultural backgrounds. This includes offering vegetarian options, halal meat or kosher food for children who may require it.
- We display the menus of meals/snacks for the information of parents/carers.
- We believe meal/snack times to be social occasions where all children and staff participate.
- We use meal and snack times to help children develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils which are appropriate for their age and stages of development and consider eating practices in their cultures.
- We inform parents/carers who provide food for their children about the storage facilities available within our provision and give advice on suitable containers for food.
- Fresh drinking water is always available for the children and we ensure children are aware that they can ask for water at any time during crèche sessions.
- For children who drink milk, we provide whole pasteurised milk.

- For each child under the age of two we provide parents/carers with information about feeding routines, intake and preferences.

