Policies and procedures Section 10

Food and Nutrition Policy

At Little Fishes Pre-School we are committed to providing suitable, healthy snacks for the children who attend pre-school. We take guidance from the DOE The Early Years Nutritional Guidance - Early Years Foundation Stage nutrition guidance. All staff preparing and serving snack hold a level 2 Food Hygiene Certificate.

Kitchen storage

- All plates and cups are stored in plastic containers in a cupboard in the kitchen
- All snack food is stored appropriately in either the fridge or kitchen cupboard and is checked for best before dates each week.
- Any potential allergens are stored and prepared appropriately.
- Georgie Strevens is the staff member in charge of reviewing dates and purchasing snack items.
- The fridge temperature is checked each day.

Supervision of snack and lunch times.

- Both snack and lunch times are supervised by a member of staff who is qualified in Paediatric First Aid and has completed Food Hygiene training. We organise these times so that they are social occasions in which children and staff participate in.
- We display a list of current information about the children's dietary needs so that all staff and volunteers are fully informed.
- We find out each child's dietary needs before the child begins attending pre-school and this is recorded in their file. Parents are regularly asked to update this information with us. All staff are aware of children's allergies and food intolerances and will ensure that they are not given any food/drink that contain known allergens.
- Children are required to sit still at the table while eating and drinking.
- We have rules about children not swapping and sharing their food with one another in order to protect children with allergies.

Snack time

- The children have snack in small groups during the morning session.
- Children are offered either milk or water to drink, depending on any known allergens.
- Children are offered a range of snacks – please see our rotating menu. We provide nutritious food at all snack times.
- We include food from the cultural background of each child. Children are encouraged to try new foods

- Children are encouraged to be independent with help given as necessary. i.e giving out plates and cups to others, spreading a cracker with butter, pouring their own drinks, tidying away their cup and plate.
- All children are offered a drink during the afternoon session.

Lunch time

- All children staying to lunch must bring their own food from home.
- We do not have space to refrigerate lunch boxes neither can we heat food up.
- Parents and carers are encouraged to add a cool block to their child's lunch box if necessary.
- Children may bring water bottles from home for use during lunch; we also provide water to drink. No sugary or fizzy drinks are allowed.
- No sweets are allowed.
- Food brought for lunch must not contain any nuts (including peanut butter) due to potential allergies in other children and staff.
- Parents/carers should ensure the food is suitable for their child's individual developmental needs and that help provide a balanced diet. Please see information Eatwell Guide. We also provide a healthy lunch box guide for parents.
- Parents/carers must ensure that the food they provide is prepared in a way to prevent choking. For example, grapes, cherry tomatoes, large blueberries should be cut into quarters. See further information on our notice board.
- We encourage children to eat their sandwiches or equivalent first and keep any treats until the end of their lunch.

General

- We provide drinking water throughout the day and ensure the children know they can ask for a drink.
- We provide children with utensils which are appropriate for their age and stages of development, and which take account of eating practices of their cultures.
- We will notify Ofsted of any important incidents such as food poisoning.

Date policy adopted/reviewed ……November 2026…….

Signed on behalf of the Pre-school Trustees …….

Name and position of signatory …….

Policy review date …November 2027……