



## **Food Policy**

The sharing of refreshments can play an important part in the social life of all the children in our care, as well as reinforcing children's understanding of the importance of healthy eating.

The School will ensure that all drinks and snacks provided are nutritious, balanced and healthy, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings. That any food or drink offered is fresh and wholesome and that medical, cultural, religious and dietary needs will be recognised and met.

We will ensure that the children's medical, personal and religious dietary requirements are respected, known before a child is admitted and that arrangements are made to ensure these are met in appropriate ways. Information regarding dietary requirements are part of the registration process contained in the Pre-school Registration Form.

Children's food related medical, personal and religious dietary requirements, will be displayed in the snack area, along with a picture of the child, to ensure that all staff working in the setting are aware of the needs of the child, as will all students, GAP students, and supply staff. Parents will be made aware of this procedure.

Special dietary requirements will be communicated to the Catering Department as follows – an email (to Director of Catering) sent stating child's name, sessions attended, details of special diet. Where possible a photograph of the child will also be sent. A record will also be filled out, supplied by the school catering company, Holroyd Howe.

Healthy eating habits will be promoted, and children will be encouraged to try foods they have not had before, including samples from a multi-cultural diet. Drinks (water and milk) and snacks are available during the day for children. Children are encouraged to make healthy choices and be aware of the importance of healthy eating. Dried fruits will be kept to a minimum to promote healthy teeth.

### **Dental hygiene will form part of the healthy eating dialogue.**

Where possible a member of staff with a food hygiene level 2 certificate will prepare and monitor food stored, and given in the Pre-school.

Menu's are displayed on the parents notice board, the main entrance to the Junior School and are available on the school website (parents section) for parents to view.

Fresh drinking water is available at all times in the setting.

<b>Reviewed by:</b>	C B Shuttleworth, Pre-school Manager
<b>Review period:</b>	Annual
<b>Updated:</b>	August 2021
<b>Next review date:</b>	August 2022