

## 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. We promote healthy eating in our setting. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

### Procedures

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

- We ensure we are fully aware of each child's dietary requirements or allergies
- We display current information about individual children's dietary needs so that all our staff and volunteers are fully informed about them.
- We display the menus of meals/snacks for parents to view.
- We include a variety of foods from the four main food groups:
  - 📄 meat, fish and protein alternatives;
  - 📄 dairy foods;
  - 📄 grains, cereals and starch vegetables; and
  - 📄 fruit and vegetables.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or apple as we have a known allergy in the setting.
- We provide a vegetarian alternative on days when meat or fish are offered.
- We organise meal and snack times so that they are social occasions in which children and adults participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We have fresh drinking water constantly available for the children, or milk if preferred.

### Packed lunches

We provide cooked meals for children who's parents require them, or children are able to bring packed lunches, we:

- ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
- provide children bringing packed lunches with plates, cups and cutlery; and
- ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.