

Rainbow Early Years

Food and drink policy

Statement of intent

Rainbow Early Years (REY) regards snack and meal times as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of the Statutory Framework for the Early Years Foundation Stage (EYFS).

Methods

- Before a child starts to attend REY, we ask parents to record their children's dietary needs, including any allergies and this is kept confidentially within the child's records.
- We have a NO NUTS policy, and ask parents and staff to not bring in any products containing any type of nuts at all.
- The child's Keyperson will record specific relevant information about each child's dietary needs on their individual registration cards.
- We regularly consult with parents to ensure that our records of their children's dietary needs, including any allergies, are up to date.
- We will display current information about specific individual children's dietary needs as necessary, so that all staff and volunteers are fully informed about them, in the kitchen area.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and their parents' wishes.
- We provide nutritious food at all snack times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- 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.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups, to which children and

their parents belong, of vegetarians & vegans, and about food allergies. We take account of this information in the provision of food and drinks.

- We require staff to show sensitivity in providing for children's diets and allergies. Staff will not use a child's diet or allergy as a label for the child or make a child feel singled out because of their diet or allergy.
- We organise lunch and snack times so that they are social occasions in which children and staff participate.
- We use lunch and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils which are appropriate for their ages and stages of development and which 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 they are with us.
- Children have a choice of milk or water at snack time. For children who drink milk, we provide whole, pasteurised milk.
- We advise parents who provide food for their children about the storage facilities available at REY.
- Fridges are specifically provided for the storage of the children's lunch boxes and all parents are informed that this is where lunch boxes are to be stored. Should a parent object then they must do so in writing.
- We do not allow children to share and swap their food with one another in order to protect children with food allergies.
- Children use hand washing gel at snack time and lunch to clean hands or will be asked to wash them in the bathroom if they are dirty.
- Wet wipes and mirrors are made available for children to independently wipe their faces.
- When food is provided outdoors for Forest School or a picnic the same methods will apply.

This individual policy forms part of a larger policy document and should be read alongside our other individual policies.

Date adopted for Rainbow Early Years: January 2005

Date of review: Feb 2017 & August 2017 by the Manager.

Reviewed; 14-8-18

Reviewed; 3-8-19

Reviewed; 4-8-20

Date of next review: Annually