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**BRAMBLES CHILDCARE CIO**

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| **POLICY TITLE:** | **FOOD AND DRINK** |

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| **POLICY REFERENCE:** | **BRAM16** |
| **Issue Number:** | **03** |

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| **2020-2021** | **NAME** | **TITLE** |
| **Brambles Manager** |  |  |
| **Committee Member** |  |  |

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| **2021-2022** | **NAME** | **TITLE** |
| **Brambles Manager** |  |  |
| **Committee Member** |  |  |

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| **2022-2023** | **NAME** | **TITLE** |
| **Brambles Manager** |  |  |
| **Committee Member** |  |  |

Policy to be reviewed and signed annually (see above). Policy to be re-issued 3 yearly or when changes are required. Whichever occurs first.

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| **Issue Date:** | **OCT 2020** |
| **Review Date:** | **OCT 2023** |

**Statement of intent**

Brambles Childcare CIO regards snack time as an important part of the setting's session. Eating represents a social time for children and adults and helps children to learn about healthy eating. The Pre-school Learning Alliance promotes healthy eating through our campaign 'Feeding Young Imaginations'.

**Aim**

At snack time, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of The National Standards for Day Care on Food and Drink (Standard 8).

**Methods**

* Before a child starts to attend Brambles, we find out from parents (in the registration form) their children's dietary needs and preferences, including any allergies
* We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
* We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
* We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
* We provide nutritious food at all snack times, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
* We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
* 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, and of vegetarians and 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 do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
* We organise snack times so that they are social occasions in which children and staff participate.
* We use 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. We inform the children about how to obtain the water and that they can ask for water at any time during the session.
* In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.

For children who drink milk, we provide whole pasteurised milk.

**version History**

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| Issue No | Significant changes from previous version | Author | Date |
| *03* | *Adopted on to new template*  | *R Russell* | *05/10/2020* |
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