

**Maids Moreton Pre-school**

**Extended Services**

Food and Allergy Policy

**Food and drink**

**Policy statement**

Maids Moreton Pre-School Extended Services regards breakfast and a light afternoon snack as an important part our day. Eating represents a social time for children and adults and helps the children to learn about healthy eating. We promote healthy eating. At these times, we will provide a choice of cereal, toast, crumpets, marmite, jam or fruit, milk or water for breakfast and in the evening for a light snack fruit, sandwiches, crackers, cheese, beans milk or water, which will meet the children's individual dietary needs by taking into account religious and allergy requirements.

**Procedures**

We follow these procedures to promote healthy eating in Extended Services.

* Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies or intolerances.
* 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 will regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date.
* We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them on the out-side of a cupboard in the kitchen area.
* 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 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 nut products and are especially vigilant where we have a child who has a known allergy to nuts**.
* 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 make sure that children wash their hands before breakfast and afternoon light snack.
* We provide children with utensils that are appropriate for their ages and stages of development and that take into account cultural eating practices.
* We have a container of fresh drinking water and cups constantly available at morning and afternoon sessions for the children. Parents provide their children with clearly named bottles that are available throughout the session.
* For medical reasons a child may need to have flavoured water, we ask that this is **reported to a staff member** so a Health Care Plan can be drawn up. And that any allergy/intolerance requirements of other children within the setting can be adhered to.
* In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
* For children who drink milk, we provide semi-skimmed milk, for children with dairy intolerance and dairy free diet, we ask that parents/carers to provide appropriate milk alternatives.
* Staff have attended the Smile Award Plus training and are confident to deliver oral health messages to the children during activities, breakfast and light afternoon snack.
* Snacks within the Extended Services are low in saturated fat, salt and have no added sugar. We use only Soya non dairy spread.