



**Rockwell Green Church of England Primary School**

# **Rockets Pre-School Food and Drink Policy**

|                                 |                |
|---------------------------------|----------------|
| Status:                         | Non-statutory  |
| Responsible person:             | Headteacher    |
| Responsible Governor:           |                |
| Approved by the Governing Body: | September 2025 |
| Review Period:                  | Annually       |
| Review Date:                    | September 2026 |

## **FOOD AND DRINK POLICY**

### Ethos Statement

This policy should be taken as part of the overall strategy of the school and operated within the context of our ethos, vision, aims and values as a Church of England school.

### Statement of Intent

This setting regards snack/lunch times as an important part of the setting's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

### Aim

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

### Methods

- Before a child starts to attend the setting, we find out from parents 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 consult with parents throughout the year to ensure that our records of their children's dietary needs – including any allergies – are up to date. Parents sign the updated record to signify that it is correct. This takes place during the termly parents meeting.
- Current information about individual children's dietary needs is kept in their personal folder - 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, this is via the registration documents or the Allergy record sheet which is kept on both the Rockets office wall and one of the kitchen cupboards so it is available to see when food preparation is occurring.

- We provide nutritious food at all snack times, avoiding large quantities of saturated 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.
- 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 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 on 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 provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about where to obtain the water from and that they can ask for water at any time during the session.
- We inform parents, who provide food for their children, about the storage facilities available in the setting.
- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we have rules about children not sharing and swapping their food with one another.

- We inform parents who provide food for their children that they are not allowed to include sweets, chocolate bars or products containing nuts.
- For children who drink milk, we provide pasteurised milk provided by the Cool Milk at Schools scheme.
- We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion and is an opportunity for the development of language and communication.
- We endeavour to provide relevant information when available.