



## Food and Drink Policy

Snack time is an important part of daily life at Windsor Kindergarten. Eating represents a social time for children and helps them learn about healthy eating. Children are required to bring a piece of fruit to the nursery school and we will provide a drink of milk or water, bread sticks, rice cakes, toast, etc. unless there are any specific dietary issues to address.

### Our Method

- Before a child attends our setting, we find out from parents and carers specific dietary needs, including allergies. This information forms part of the registration form.
- This information is recorded and discussed at team meetings.
- We regularly consult with parents/carers to ensure that our records are up to date. When changes are made, parents are required to sign the changes.
- We make Healthy Posters to display which highlight current information about dietary needs so that all team members and volunteers are fully informed.
- We implement systems to ensure that children only receive food and drink consistent with their dietary needs as well as parental wishes.
- We have implemented a nut free zone at Windsor Kindergarten (see separate policy) so take care not to provide any foods that contain nuts or traces of nuts (eg some dried fruit).
- We provide pasteurised milk at snack time.
- We have fresh drinking water available at all times throughout the session and children are encouraged to help themselves.
- We organise snack time to fit in with the free flow play at Windsor Kindergarten.
- Snack time is a social occasion; we encourage good manners, and increasing independence from preparing the fruit themselves, pouring drinks and making choices.

### Birthdays

Children like to celebrate their birthdays at nursery and bring in things to share with the others to celebrate. This is perfectly acceptable and the children do enjoy sharing with their friends. Because of the allergies within the group we require the children to hand out their treats at the end of the session for the others to take home. If homemade or bought cakes, etc, are provided, all ingredients are listed for the parents/carers information. Because Windsor Kindergarten is a nut free zone, parents must make sure the treats are suitable.

This policy was adapted by -

The Director, Managers and Team of Windsor Kindergarten

Date -

February 2017

Date to be reviewed -

February 2018

Name of signatory -

Tanya Webber