Sticky Fingers Pre-School
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11 - Food and Drink Policy

Statement of Intent

The Pre-School regards snack time as an important part of the pre-school session. Eating represents a social time for children and adults and helps children to learn about healthy eating. The Early Years Alliance promotes healthy eating through their campaign 'Feeding Young Imaginations'.

Aim

At snack times we aim to provide nutritious foods which meet the children's individual dietary needs. We aim to meet Section 3 of The Safeguarding and Welfare requirements of the EYFS.

Methods

We are aware of the recently updated information on EU Food Information for Consumers Regulation. We provide parents with allergen information by either informing them verbally or via the snack menu (on the parent's notice board) of any of the 14 allergen types in them from our snacks or cookery foods – which are highlighted in red. In addition we have started using a matrix allergies sheet, which shows the dishes and their allergen content.

Before a child is admitted into the setting of the Pre-School we will find out from the parents / carers their children's dietary needs and preferences, including any special dietary requirements or allergies. We will record this information on each child's registration record. The parents/carers will then be asked to sign this to signify that the information is correct.

We regularly consult with parents/carers to ensure that our records of their children's dietary requirements – including any allergies – are up to date. Parents/carers may be asked to sign the updated record to signify that this information is correct. All staff have completed the Food Standards Agency food allergy and intolerance online training.

These practices ensure we maintain good food management practice and that we keep our 5/5 food hygiene rating.

We display current information about individual children's dietary needs so that staff and volunteers are fully informed about them.

We at Sticky Fingers 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 a hygienic and safe area, which is adequately equipped for the preparation of healthy meals, snacks and drinks. Staff holding level 2 in food safety provides all food handling.

As ofsted registered providers we will notify parents/carers of any food poisoning affecting two or more children in our care. Notification will be made as soon as it is reasonably possible.

We will provide nutritious food at all snack times, avoiding large quantities of saturated fat, sugar and artificial additives, preservatives and colourings. We include protein for growth, and essential minerals and vitamins in raw foods, salads and fruits in our snacks.

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 have a no nuts into Pre-school policy, including peanuts and tree nuts. 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 the parents and research by the staff we will obtain information about the dietary rules of the religious groups to which the children and their families belong, and of vegetarians and vegans. 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 the child feel singled out because of their diet or allergy.

We organise snack and meal times so they are social occasions in which both children and staff participate.

We use snack and meal times to help children develop independence through making choices, serving food, and drink and feeding themselves.

We provide children with utensils that are appropriate for the ages and stages of development and that take into account the eating practices of their cultures.

We have fresh drinking water constantly accessible for the children. We inform the children about how to obtain the water and that they can ask for the water at any time during the session.

We inform parents who provide food for their children about the storage facilities available in the Pre-School.

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 not letting children share or swap their food with one another.

For children who drink milk we provide semi-skimmed pasteurised milk, which is delivered daily through the cool milk scheme.

The sell by and use by dates are checked to ensure that food and drink is consumed within its recommended date.

Lunches

Packed Lunches

We inform parents of our policy on healthy eating.

We encourage parents to provide sandwiches with a healthy filling, fruit (it is required that grapes and cocktail sausages are quartered lengthways) and milk based desserts such as yoghurt or crème fraiche where we can only provide cold food from home. Water is provided for children to drink with their lunch.

We discourage packed lunches that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return these foods to the parent as a last resort.

We ensure that members of staff sit with children to eat their lunches so that mealtimes are a social occasion.

All staff are paediatric first aid trained and supervise the children at breakfast, snack and lunchtimes.

Cookery

Cookery takes place on different days of the week to ensure all children get the opportunity to participate, alternated between members of staff. In cookery we promote good hygiene skills by washing hands before cookery and after plus wearing aprons too. We also incorporate mathematics, shape and measure from the EYFS in cookery. The children learn about where our foods come from and there are lots of opportunities for hands on cookery experiences. Children who have food allergies or dietary requirements that participate in cookery, staff are aware of and can plan around so they can participate as well. Cookery is then sent home in children's lunch boxes at the end of the day.

This policy was adopted by	Sticky Fingers Pre-School
On	7th October 2026
Date to be reviewed	October 2027
Signed by Chairperson	
Name of Chairperson	Ashley Panton