

## Food safety and nutrition procedures

### Meeting dietary requirements

Snack and mealtimes are an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We aim to provide nutritious food, which meets the children's individual dietary needs and preferences. We believe in the value of sitting down together at mealtimes and use this to help children to learn routines, expectations but to also foster a social atmosphere.

- Staff discuss and record children's dietary needs, allergies and any ethnic or cultural food preferences with their parents when they come for their settling in sessions. Parents are also asked to complete an 'all about me' form
- Parents record information about each child's dietary needs in the individual child's registration form; parents sign the form to signify that it is correct.
- Up-to-date information about individual children's dietary needs are displayed so that all staff and volunteers are fully informed.
- Staff ensure that children receive only food and drink that is consistent with their dietary needs and cultural or ethnic preferences, as well as their parent's wishes.
- Parents are asked to send a lunchbox in from home for lunches. (Hot meals are not available for Pre-School children at present) Snack will be provided by Pre-School. Parents will be informed when they first start about the snacks that we offer. If children are offered additional foods then parents will be notified before children are given them.
- Staff aim to include food diets from children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- Through on-going discussion with parents and research reading by staff, staff obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. Staff take account of this information when providing food and drink.
- Staff provide will provide alternate foods if children are unable to eat certain foods. This will be discussed with parents and parents are welcome to provide an alternative if they wish.
- All staff show sensitivity in providing for children's diets, allergies and cultural or ethnic food preferences. A child's diet or allergy is never used as a label for the child, they are not made to feel 'singled out' because of their diet, allergy or cultural/ethnic food preferences.
- Parents are asked to send their children in with a bottle of fresh water. Fresh drinking water is available throughout the day. Staff will fill children's water bottles up at any point during the day.

- Meal and snack times are organised as social occasions.
- The children have a snack café where they will be able to join our café during a period of the morning. Children will be supported by an adult to pour their own drinks and to select their own snack. Staff will monitor which children are having snack.
- If a child repeatedly refuses snack, then parents will be informed so that they can provide a snack from home.
- Children who are showing signs of 'fussy or faddy eating' are not forced to eat anything they do not want to.
- Staff recognise the signs that a child has had enough and remove uneaten food without comment.
- Children will be supervised throughout their meal and snack times and staff are expected to join in discussions with the children and to support the children by modelling.
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*Safeguarding is everyone's responsibility*

