

Squirrels Pre-School Rugby Ltd

c/o Paddox Primary School

Fareham Avenue

Rugby

Warwickshire

CV22 5HS

01788 576167

[preschool.s@welearn365.com](mailto:preschool.s@welearn365.com)

www.squirrelspreschoolrugby.co.uk

**Food and Drink Policy**

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| --- | --- | --- | --- |
| **A Unique Child** | **Positive**  **Relationships** | **Enabling**  **Environments** | **Learning and**  **Development** |
| **Value & respect all children** | **Support independence** | **Value all people** | **Personal Social and Emotional**  **Physical** |

**Statement of intent**

Squirrel’s regards snack time, or Café as we know it, as an important part of the pre-school's session.

Eating represents a social time for children and adults and helps children to learn about healthy eating.

**Aim**

At Café, we aim to provide nutritious snacks, which meet the children's individual dietary and religious needs.

**Methods**

* Before a child starts to attend Squirrels, we find out from parents their children's dietary needs, including any allergies and religious dietary restrictions. We take account of this information in the provision of food and drinks.
* Parents record information about each child's dietary needs in their registration form and parents sign the record to signify that it is correct.
* We regularly consult with parents to ensure that our records of their children's dietary needs including any allergies are up-to-date. Parents sign the up-dated record or provide written evidence to signify that it is correct.
* We display current information about individual children's dietary needs so that 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 their parents' wishes.

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**Methods**

* We display the daily menu at Cafe for the information of parents, which includes a variety of fruit and vegetables. Allergen information is provided (EU Food Information Consumers regulation 2014) on the whiteboard in the kitchen window. Full list of allergens can be found in the Kitchen and are visible at Café.
* We provide a healthy and balanced variety of food at Café. Our snacks demonstrate compliance with the Voluntary Food and Drink Guidelines for Early Years Settings in England (2012).
* 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 their diet or allergy.
* We organise Café so that they are social occasions in which children and staff participate.
* We use Café to help children to develop independence through making choices, serving food and drink and feeding themselves.
* We have fresh drinking water constantly available for the children to help themselves at any time during the session. Children are encouraged to drink regularly.
* For children who drink milk, at Café we provide semi skimmed milk in line with the Food Standard Agency’s recommendations.
* We provide lunchbox guidelines to assist parents to provide a healthy lunchbox and guidance on how to cut food safely to reduce the risk of choking.
* We celebrate birthdays by blowing out the candles on an imitation cake, and parents are encouraged to bring a healthy alternative such as stickers if they want to distribute presents at the end of the day.

This policy was adopted by the board of Directors of Squirrels Pre-School Rugby Ltd on……………18th June 2024………………………………………………………………………………………..

Signed on behalf of the Board of Directors…………………………………………………………..

Signed by Manager…………………………………………………………………..

Date of policy review …………April 2025………………………………………………….

Signed copy held in setting

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