

**Food and Drink**

Within Ashdene Preschool we regard snacks and meal times as an important part of the day. Eating represents a social time for children and adults and enables children to learn about healthy eating. We promote healthy eating by providing healthy snacks including fruit.

* Before a child attends Pre-School, we will confirm with parents if the child has any known allergies or dietary requirements.
* This is recorded on the detailed child records and is signed by the parent before admission.
* Any child with an allergy is photographed and this is displayed on the wall explaining their allergy and /or dietary requirements. This is displayed in both rooms and in the kitchen area where snacks are prepared. The primary school are also informed and given photographic identification.
* We do not provide foods that contain nuts or nut products. We are a nut-free zone, and parents are informed that any food in a packed lunch that children bring to Pre-School must not contain nuts.
* Children are encouraged to sit and socialise at snack time. To further develop communication a “talking point” picture is sometimes used to encourage children to talk about the photograph.
* We help children to develop their independence skills by providing utensils that are age appropriate. Children are encouraged to select their own plates and snack, peeling their own fruit and spreading cheese as appropriate. Children pour their own water and milk. Water is available throughout the day and semi skimmed milk is provided at snack time.

**Packed Lunch at Pre-School**

* In order to maintain Pre-School ‘bubbles’ in line with Government guidance regarding COVID 19 precautionary measures, children are to bring a packed lunch to pre-School, which will be consumed in their Pre-School room. Tables are cleaned thoroughly with disinfectant sprays, and a wipeable table cloth applied to the table. A staff member will sit next to, or at the same table as, any children with allergies to ensure they do not come into contact with allergens which may be present in other children’s food. After lunch, the children play in the outside area for a short while before story time inside.

**Lunch at Primary School**

All children have lunch at the onsite Primary School. Children can have their own packed lunch or a hot lunch from the school canteen.

* Children line up in 2s before leaving preschool.
* Children walk slowly through the school ground following the painted safe foot path.
* On arrival at school the children sit for their packed lunch accompanied by 2 staff members. Staff help children open lunches and drinks and sit and talk with the children whilst they are eating.
* Children who are having hot dinners line up with staff before entering the kitchen area with a member of staff. Children collect their own tray and cutlery and walk to the counter and choose their food. The children sit with an adult whilst eating. When the children have finished they line up with 2 members of staff in groups of 10 to walk back to preschool. The children walk back in pairs through the school grounds back to preschool.
* After lunch the children play in the outside area and have access to fine motor activities such as ‘funky fingers’ activities, large physical play such as obstacle courses and a yoga session, for a short while before story time inside.

This policy was adopted by:

On (date):

Date to be reviewed: September 2022

Signed on behalf of the Management committee:

Name of signatory:

Role of signatory (e.g.Manager):