



## FOOD AND DRINK POLICY

### **Aim**

Snack times are an important part of the session, eating represents a social time for children and adults and helps children learn about healthy eating. Each child is asked to bring in a piece of fruit per day to share at the snack bar. This is either cut up by the adult or by a supervised child. The snack bar is available throughout the session and children are encouraged to have a drink and some fruit. The children help themselves to a bowl and decide which fruit to have, they also pour their own drink, either water, diluted squash or milk.



- We find out from parents before the child starts what their dietary requirements are, whether there are allergies, cultural or religious requirements.
- Children bring in their own packed lunches, and are encouraged to have a healthy lunch of sandwiches, fruit, vegetables, and a yogurt. They are encouraged to eat their sandwiches first and then their treat. Parents are advised on how much food their child has eaten.
- Children are not to share or swap their pack lunch
- We operate a nut free zone.
- All staff follow hygiene safety by making sure they wash their hands before they handle food, and wear an apron when preparing food.
- Children have access to water throughout the day at the snack bar

