



## Food, Snack and Drink Policy

- All staff will ensure that the premises and equipment are kept clean and follow good hygiene practice in order to prevent the spread of infection.
- When handling food/snack, staff should be aware of and comply with regulations relating to food safety and hygiene.
- All staff must check the premises for cleanliness and report any problems to the Manager.
- Staff will encourage and raise the children's awareness of good hygiene practices and healthy living.
- Ensure that children wash their hands before eating and after going to the toilet. Ensure that 'wash your hands' notices are displayed in the kitchen and toilet areas at all times.
- Children are asked to bring in a water bottle to pre-school each day, which they can have access to at all times.
- Children may ask a member of staff for a drink at any time. Children are encouraged to help themselves to water at all times.
- Information on a child's dietary requirements, food preferences and allergies are recorded on the child's information form when they enter the setting and distributed to all preschool staff.
- The setting provides nutritious food at snack time, a choice of fruit and vegetable and a plain biscuit, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- As a nut-free pre-school 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.

### Packed lunches

- The pre-school children bring in their own lunch, which only they eat, and staff help to open packaging when necessary.
- The pre-school ensures that perishable contents of packed lunches are kept in cool conditions.
- Pre-school informs parents of our policy on healthy eating and what foods can be stored safely;
- The setting encourages parents to provide a healthy balanced packed lunch for their child. we discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.

**This policy was adopted at a meeting of**

**Marsh Green Pre-School CIO**

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Held on (date)

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Signed :

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(Manager)

Signed:

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(Chairperson)

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