



# Lyndhurst Pre-School

## Food and drink / Lunch time policy-Promoting health and hygiene

### Policy Statement

This pre-school regards snack times 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.

### EYFS key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

### Procedures

- Before a child starts to attend the pre-school, we find out from parents their children's dietary needs, including any allergies.
- We record information about each child's dietary needs in her/his registration record and parents sign the record to certify 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 to certify 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 which is consistent with their dietary needs and their parents' wishes.
- We encourage healthy eating at snack times/lunch times.
- 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 her/his diet or allergy.
- We organise snack/lunch times so that they are social occasions in which children and staff participate.
- We use snack/lunch times 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. We inform the children about how to obtain the water and that they can ask for water at any time during the session/day.
- For children who drink milk, we provide semi skimmed milk.
- Staff wear designated aprons for the kitchen area.
- Tables are sanitized before snack time/lunch time begins and after.
- Any member of staff who has been absent from work due to sickness or cold is not allowed to prepare snack for 48hours.
- There is a designated sink for the children to wash their hands in and a designated sink for the adults to wash up.
- There are colour coded cloths too use for sanitizing, washing up and cleaning ( Please see list on the wall)
- All staff have their Level 2 Food Hygiene certificate.
- **We strictly do not allow NUTS including peanut butter or Nutella**
- We have a lunchtime assistants who will supervise lunchtimes, set out their lunch and clear away
- Children are only allowed to consume the lunch their parent has provided.
- 1 or 2 members of staff will eat their lunch with the children depending on how many are staying for lunch. They will be supervised at all times and helped when needed but independence will be encouraged.
- 3 members of staff are always on site/ in room at all times through lunchtime.
- No hot drinks will be allowed on the table.
- The mobile phone policy is applicable at lunch time for the members of staff on lunch time supervision.
- Should a member of staff need to leave the table another member of staff will resume supervision.
- Good manners will be encouraged throughout lunch time supervision.

This policy was adopted at a meeting of Lyndhurst Pre-school

Held on (date)

Signed on behalf of the pre-school

**This policy was taken from the PLA Policy and Procedures**