



CHILD HEALTH POLICY - FOOD AND DRINK

Introduction

At Shine Montessori Educare (SME) we regard snack and meal times as an important part of the pre-school's routine. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

To encourage nutritious food, which meets the children's individual dietary needs, is provided at snack and meal times

Guidelines:

- Before a child starts to attend SME, we find out from parents if their child has any special dietary needs and preferences, including any allergies.
- We record information about each child special dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We consult with parents to ensure that our records of their child's dietary needs - including any allergies - are up to date. Parents sign the updated record to signify that it is correct.
- We display current information about individual children's special dietary needs so that all staff and volunteers are fully informed about them.
- Parents are required to provide children with healthy and nutritious food on a daily basis. We include a guide to healthy lunchboxes when a child starts at Shine.

- 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.
- We require staff 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 meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- 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.
- We inform parents about the storage facilities available in the centre.
- We give parents information about suitable containers for food.
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
- All food utensil and cutlery is kept in a clean, safe and hygienic condition with consideration for the immediate maintenance, repairs or replacement of such when required. The kitchen facilities are available for the use of staff and inaccessible to the children.
 - As stated in regulation 2(c) - no child will be left unattended while eating.
 - As stated in regulation 26(f) – A written record of all food provided by the Centre to children will be kept and available for inspection for 6 months after it is served.

Allergies / Preventive medication review once a term