

PROVISION OF FOOD AND DRINK/SNACKS POLICY

The Pre-School will provide a healthy snack, giving a choice of fresh drinking water or full cream milk, fresh fruit and various breads, crackers, cold meat, cheese, spreads, butter and yoghurts.

We enable the children freedom to choose when they want to eat during the play time session, thereby promoting a self-service system which is monitored by a member of staff. Should planning and timing allow, we also partake in the 1,2,3 Dental Health Programme and encourage all children to brush their teeth (From November). All toothbrushes are individually labelled and colour coded for each child and thoroughly cleaned after use, ready for the next day. Children wash their hands before eating their snack

- We will work with parents to ensure that our snacks provide a healthy and nutritious break which is safe for their child. Parents are encouraged not to send food into school but to contribute to the cost of their child's snack by way a contribution of £150 a year/£50 per term
- We will celebrate occasions with a party, e.g. Halloween, Christmas, Easter and End of Year – when children will be allowed treats
- **PLEASE NOTE:** if you wish to provide a treat for your child's birthday then you can provide individual mini packs of chocolate buttons or equivalent (nut-free) or individual packets of Haribo. If there are any allergies in the group then the Leader will inform you. If an alternative cannot be supplied for that child/children, then please do not send any treats in as we do not want to exclude a child under any circumstances. We ask that no cake/buns are provided. Any treats are consumed at home and not on the premises unless we have a special occasion/party days
- Extended Service children who attend on Wednesdays may make treats such as cakes, buns etc and these are consumed at home and not on the premises. We operate a Healthy Eating Policy through to our Extended Service and we request that parents/carers pack healthy food items into their child's lunchbox (see policy).

Special Diets and Allergies:

Policy Revised on 22/07/2020
Policy Updated 31/08/2021
Policy updated 13/09/2022
Policy updated 18/09/2023

St. Bernard's Pre School Education Centre

- Due to the risk of nut allergies, we do not provide products that contain nuts and seeds. This includes coconut, peanut butter, chocolate spread, almonds and cashew nuts and cereal bars.
- If your child requires a particular diet, please inform the staff of your child's requirements and we will provide their suitable snacks.
Refer to our *Vegetarian, Vegan and Specialised Diet Policy*

Staff: See Guidance on Foods for Religious Faiths.

In each child's Welcome Pack, parents will be invited to sign that they understand and agree to this policy.

Choking Incidents:

In Pre School, we will actively encourage good eating habits which include sitting calmly at snack, chewing and swallowing with their mouths closed and not to speak until they have swallowed their food.

To minimise risk of choking on food the Pre School avoids certain foods and ensures that risk-foods that are used are cut up properly.

Foods that are considered high risk include:-

Popcorn – not eaten in Pre School but may be used for Extended Service take-homes

Grapes/cherries/blueberries – grapes are cut lengthwise and in either quarters or halves depending on the size of grapes. Blueberries are cut in half depending on size

Hard fruits such as apples/pears – these are cut up in small lengths/pieces

Hard Vegetables such as peas, carrots and celery – if foods are served they are cut up into small lengths/pieces

Sausages/hotdogs/cheese – cut up into pieces

Hard banana – ensure bananas are ripe and if feel slightly hard then circular pieces are cut in half

Jelly Cubes – not eaten in Pre School

Peanuts/nuts – not eaten in Pre School due to allergy risks

Hard sweets – not eaten in Pre School

Marshmallows – not eaten in Pre School for may be used for Extended Service take-homes or marshmallows are melted