



CVSE Food and Drink Policy

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Date Ratified by management team	April 2012
Status	Ratified
Last Review Date	Sep. 2021
Policy Number	CVSE doc 32

Introduction

Policy statement

Calder Valley Steiner Education (CVSE) regards snack and meal times as an important part of the day.

Eating represents a social time for children and adults and helps children to learn about healthy eating.

At snack and meal times, we aim to provide nutritious vegetarian food, which meets the children's individual dietary needs.

Purpose of document

This document aims to give some explanation to the procedures CVSE will follow in order to ensure each child enjoys a nutritious snack and vegetarian lunch time meal while in the kindergarten.

Covid-19

This policy will be adapted in line with both national and local authority guidance related to the Covid-19 pandemic in force at the time. This may mean children bringing in their own pack lunches and snacks, and having their own water bottle. Guidance will be given to parents as required. See also the CVSE Covid-19 policies.

Procedures

We follow these procedures to promote healthy eating in our kindergarten.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify 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 signify that it is correct.
- We display current information about individual children's dietary needs (including allergies) so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We plan menus in advance, involving children and parents in the planning.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the four main food groups:
 - protein;
 - dairy foods;
 - grains, cereals and starch vegetables; and
 - Fruit and vegetables.

- Each day we prepare and cook a different grain-based meal or soup. These are usually rice or cous cous.
- 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 day.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

Parental involvement

It is a parents or carers responsibility to ensure the teaching staff are made aware of any difficulties a child may have in relation to eating, social or mechanical. **It is essential that parents make teaching staff aware of allergies.**

Lunch Monies (Kindergarten)

The cost of a snack and lunch for children attending CVSE is clearly set out in the CVSE fees policy.

Food Hygiene Rating

- The CVSE at St. John's has a rating of 5 – displayed at the kindergarten.
- Kindergarten assistants will have undertaken a food hygiene course – displayed at kindergarten.

Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

Other useful Pre-school Learning Alliance publications:

- Nutrition matters for Early Years, Public Health Agency, 2018