



## **FOOD AND DRINK POLICY**

### **Introduction**

The Centre regards snack and meal times as an important part of the day. Eating represents a social time for children and adults and helps children learn about healthy eating.

### **Policy**

Children will have access to drinking water throughout the day as well as milk.

Stepping Stones will provide a mid-morning and afternoon snack during Playgroup, Rising 3's, Preschool and Holiday Club sessions, and an evening meal at our Afterschool Club. We aim to promote healthy eating. This will be via a variety of health foods, such as cheese, fruit, vegetables, bread and biscuits, and healthy cereals at our Breakfast Club.

We do not provide lunch and this must be provided by the parent in the means of a lunch box. We advise parents to use a cool box with cool bars, if possible, to keep food safe. We do not refrigerate children's food. We recommend that lunchboxes contain healthy foods such as sandwiches, pitta bread, cheese, yoghurt, fruit and vegetables.

We do not permit sweets, or chocolate in the Centre, although chocolate biscuit bars such as Penguins or cereal bars are permitted.

Some children have life threatening allergies to nuts, therefore we request that NO NUT products are brought in. This includes peanut butter, and chocolate nut spreads such as Nutella. Please refer to our Managing Children with Allergies, Who are Sick or Infectious.

If we find out of date food in a child's lunch box we will dispose of it, and try to replace it with a similar or same item. We will only do this if the child has no notifiable food allergies. Parent will be informed of this at the end of the day.

Some of the foods that we provide during the day will include those allergens which are on the Regulatory List. Should any parent/carer wish to check the products that we use for these particular allergens then they should approach a member of staff, who will be happy to discuss with them.

### **Procedure for Enrolment of a Child with a Food/Drink Allergy**

At the first settling in session if starting in our playgroup, rising 3's room or Pre-school a parent/carer will be asked to fill in a Parental Contract which asks for details regarding the child's allergies. If a child has a 'severe' allergy they will be asked to provide us with further written details. The parent/carer will need to consult their doctor and provide us with a medical plan detailing the correct procedure if the child becomes inadvertently exposed. To avoid this we will give the parent the opportunity to buy and supply their own food, or look at the food that we provide for suitability. If a parent/carer provides their own snack then this will be clearly labelled with the child's name and kept in a separate box.

If a child registers for our wrap around care or holiday club the registration form for this asks for details regarding child's allergies.



When the child starts the Centre all staff will be made aware of the child's allergy. We have a dedicated named person who will then place the child on the allergy list and make a placemat for the child with their individual needs known.

A child's individual needs will always be discussed.

Should a parent/carer choose to provide their own food, then this does not affect our pricing policy which remains unchanged.