

# Southwater Village Hall Pre-School

## Policies and Procedures

### Safeguarding and Welfare Requirement:

#### Health

#### LUNCH LINK

#### Policy statement

Our pre-school actively promotes healthy eating and believes that children can learn from a very early age the importance of healthy eating.

Between 40-60 months, children should be eating a healthy range of foodstuffs and understand the need for variety in food. They should show some understanding that good practices with regard to eating can contribute to good health. (Taken from the Development Matters in the Early Years Foundation Stage) Our lunch links and snack times are regarded as an important part of each day. Eating represents a social time for the children and adults and helps children to learn about healthy eating.

For the lunch link children are expected to have a lunch consisting of protein, bread and starchy foods, fruit, vegetables and a drink. Optional extras could include **nut free** cereal bars, small tea cakes or plain biscuits.

**There are to be no chocolate biscuits, chocolate cake or fizzy drinks.** Food must all be in date and a cold block must be placed in the lunch box during the warmer months. Ideas and suggestions for a Healthy Eating Lunch are attached.

#### Procedures

- ❖ Before a child starts to attend our pre-school, we find out from parents their children's dietary needs and preferences, including allergies. (See the Managing Children with Allergies policy.)
- ❖ We record information about each child's dietary needs on their registration form and parents sign to signify that it is correct.
- ❖ We consult with parents termly 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 so that all staff and volunteers are fully informed about them.
- ❖ Staff sit with children at lunch link time to ensure that snack time is a social occasion.
- ❖ We implement systems to ensure that children receive only food and drink that they bring in. If a child forgets their lunch they will not be able to stay for the lunch link session.
- ❖ We operate a nut free pre-school and take extreme care to ensure that no foods containing nuts or nut products are in lunch boxes and are especially vigilant where we have a child with a known allergy to nuts.
- ❖ We take into account the dietary rules of religious groups to which children and their parents belong, and of vegetarians and vegans.
- ❖ Food that children do not eat is sent home so that parents can see what their child is or is not eating.

#### Food Poisoning

- ❖ We notify Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as reasonably practicable, but in any event within 14 days of the incident.



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Pre-School

