



Food safety and nutrition procedures

1.26 Meeting Dietary Requirements

Snack and mealtimes are an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We aim to provide nutritious food, which meets the children's individual dietary needs and preferences.

- Staff discuss and record children's dietary needs, allergies, intolerances and any ethnic or cultural food preferences with their parents. A child's special dietary requirements are recorded on the registration form for our setting and all information is shared with staff.
- If a child has a known food allergy our policy 1.17 Managing Children with Allergies is followed.
- Parents record information about their child's dietary needs in the individual child's admission form; parents sign the form to signify that it is correct. Parents are given a more in-depth form to record very specific information regarding their child's dietary needs.
- Up-to-date information about individual children's dietary needs is displayed so that all staff and volunteers are fully informed. A photo of each child with a specific dietary need is displayed in the kitchen once consent from parent/carer has been obtained.
- Staff ensure that children receive only food and drink that is consistent with their dietary needs and cultural or ethnic preferences, as well as their parent's wishes. Our team are all responsible for checking that the food provided meets the dietary requirements for each child.
- The menus of snacks are displayed in the setting reception area. Foods that contain any food allergens are identified and relevant ingredient lists for the day are displayed for parents to refer to.
- Staff aim to include food from children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- Through on-going discussion with parents and research reading by staff, staff obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies and intolerances. Staff take account of this information when providing food and drink.
- Staff provide a vegetarian option when meat and fish are offered and make every effort to ensure Halal meat or Kosher food is available to children who require it.
- Where it is not possible to source and provide Halal meat or Kosher food, a vegetarian option is available; this will be discussed and agreed with parents at the time of the child's registration.

- All staff show sensitivity in providing for children’s diets, allergies and cultural or ethnic food preferences. A child’s diet or allergy is never used as a label for the child, they are not made to feel ‘singled out’ because of their diet, allergy or cultural/ethnic food preferences.
- Fresh drinking water is available throughout the day. Staff inform children how to obtain the drinking water and that they can ask for water at any time during the day.
- Meal and snack times are organised as social occasions.
- Dairy free butter is used for all children and suitable dairy free milk alternative are provided if required.
- Staff recognise the signs that a child has had enough and remove uneaten food without comment.
- Children are not made to stay at the table after others have left if they refuse to eat certain items of food.
- If necessary children are added to the ‘snack watch’ list so that staff can take note of what specific children have eaten during the day. This information can then be reported to parents/carers.

Fussy/Faddy eating

- Staff work in partnership with parents/carers to support them with children who are showing signs of ‘**food preference or aversion**’ and sign post them to further advice, for example, How to Manage Simple Faddy Eating in Toddlers (Infant & Toddler Forum) <https://infantandtoddlerforum.org/health-and-childcare-professionals/factsheets/>
- Children who are showing signs of “Strong food preferences and/or aversions to foods” are not forced to eat anything they do not want to.

This policy was adopted at a meeting of	Cullompton Pre-School	name of setting
Held on	<u>15.01.2024</u>	(date)
Date to be reviewed	<u>December 2024</u>	(date)
Signed on behalf of the management committee	<u>James Shere</u>	
Name of signatory	<u>James Shere</u>	
Role of signatory (e.g. chair/owner)	<u>Chairperson</u>	

This policy has an annual review period and, as such, will be reviewed and signed off at a management committee meeting of Cullompton Pre-School each year, as shown below.

Reviewed by Staff on:	15 th January 2025
Reviewed by Committee on:	30.1.2025
Date of next review:	Jan 2026
Signed on behalf of the Management Committee:	<i>Sarah Rosario</i>

Name of Signatory (printed):	Sarah Rosario
Role of Signatory (e.g. Chairperson)	Secretary