

Food and Drink Policy

Rationale

At The Willow On The Farm we believe it is essential to provide children with positive healthy eating experiences in order to promote their wellbeing. We also encourage children to look at the long-term effects of a healthy and balanced diet. We respect the different dietary, cultural and health needs of all our children.

Implementation of the policy at The Willow On The Farm

The Managers, Alice Clark and Anna D'Souza, must ensure that:

- new members of staff, including students and volunteers, receive copies of the Food and Drink Policy or Manual, and that this is discussed with them during their induction meeting.
- all staff, students and volunteers are made fully aware of individual children's dietary needs and requirements.
- the Food and Drink Policy is made available to all parent and carers.

Availability of water

- We have fresh drinking water and suitable cups readily available for children and staff at all times.
- We encourage the children to help themselves to water, either with support or independently.
- We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.
- We monitor the amounts children drink.

Multi-cultural requirements

- Staff respect and make arrangements for children's cultural and religious needs.

Special dietary needs and food allergies

- We use sensitivity in catering for children with specific dietary needs.
- We update records of children's specific dietary requirements regularly and keep these in a prominent place.

Snacks

- We offer a balance and variety of snacks to provide a range of cultural and nutritious experiences for the children.

Routines

- We plan snack-time as a regular, pleasant and social event.
- We encourage the children to take turns, share and be polite.
- We encourage common courtesies such as saying 'please' and 'thank you'.

Social aspects

- We sit with children and encourage them to talk and listen to each other, learning to respect each other's views and opinions, likes and dislikes, etc.

Storage of food

- Food is stored in hygienic and clean airtight containers.
- Food that needs to be kept chilled is put on the appropriate shelf in a fridge.
- Food is always eaten by its sell-by date
- The temperature of the fridge is checked weekly as a minimum

Links, References and Regulations

Links to other policies

- Organisation
- Physical environment
- Equipment
- Safety
- Health
- Equal Opportunities
- Special Needs
- Documentation

Reference to Statutory Framework for the Early Years Foundation Stage 2015

Children Act Regulations relating to our policy

None apply.

Name of Person Reviewing Policy	Date Review Carried Out	Date to be reviewed (Yearly/ when necessary)
Dawn Wilson-Fry	Written 31/03/17 Reviewed 08/06/17 Updated 30/01/18 with check temperature of fridge.	July 2018
Alice Clark	03/09/18	Aug 2019

