

**Food and Drink Policy**

**Statement of intent**

**Zelda School complies with the EYFS and provides healthy and adequate food and drinks for the children.**

This policy has been developed In accordance with the principles established by Natasha's Law (Oct 2021)

### Food and drink

All food provided at the school is nutritious, avoiding large quantities of sugar and salt. It is organic, as far as possible. There are no additives, preservatives or colourings. Menus are planned in advance and the food offered is fresh, wholesome and balanced. Please note that we do not provide any meat or fish in our menus. We offer a balance and variety of snacks to provide a range of cultural and nutritious experiences for the children. Milk provided for children is organic, whole or semi-skimmed, and pasteurized. If your child does not drink milk, please let the staff know and an alternative milk (oat or coconut) or water will be provided instead.

A cold or hot snack and drink will be provided in the morning. A cooked lunch and pudding is provided every day. A snack will be offered in the afternoon.

In line with the new EYFS statutory welfare requirements, we will promote the good oral health of children and discuss healthy eating habits and the importance of teeth brushing and good dental hygiene daily.

Dried fruit will not be offered as a snack on it’s own and will only be provided within a main meal or larger snack with other things such as crackers and veggies.

### Availability of water

We have fresh drinking water and suitable cups readily available for children and staff at all times in the classrooms.

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.

The children are encouraged to drink water after they have eaten something, to promote healthy teeth.

### Special dietary needs and food allergies

At Zelda School we are sensitive to the catering needs of children with specific dietary requirements, including religious considerations. Parents will be asked about any special dietary requirements their child has before their child starts attending the school. Parents of children who have special diets (for example a gluten-free diet) or who have food intolerances are responsible for providing the school with information about their diet and choices available to the child. We update our records of children’s specific dietary requirements regularly and keep these records in prominent places around the school. Please keep your key worker informed of any special diets and allergies if they should change.

Menus will be carefully planned and adapted as necessary to meet the nutritional and feeding requirements of children with special dietary needs, such as lactose intolerance, food allergies, diabetes and developmental disabilities. In cases where we cannot provide a suitable diet, parents may be asked to bring their own food.

A list of the 14 major allergens that may be found in the food at Zelda School is available from the school kitchen and added to the weekly email alongside the menu.

# Food hygiene

The kitchen facilities at Zelda School are inspected by the local authority environmental services in relation to the Food Safety Act. The school adheres to the guidelines and good practices for the preparation and storage of food.

All staff and volunteers directly involved in the cooking, preparation and serving of food in the school must complete a Food Hygiene Course to Level 2.

**Storage of food**

Food purchasing, preparation, service and storage meets the appropriate standards for food safety and sanitation.

Food is stored in hygienic and clean airtight containers.

Food that needs to be kept chilled is kept in the cool box, which is kept at the correct temperature according to Health and Safety regulations.

Food is always eaten or disposed of by its use-by date.

Appropriate safe and hygienic arrangements are made for the disposal of food waste to avoid contamination and pests.

We appreciate that parents want to contribute with homemade dishes for particular celebrations, however parents are strongly advised to provide food that has been prepared in hygienic conditions, properly cooked, stored at the right temperature and transported in appropriate containers. In this situation a list of ingredients must be provided to ensure there are no dietary requirement or allergy issues.

### Social skills

Meals can be times of pleasant social sharing. When children sit to eat and drink together this provides an opportunity for them to learn good social skills and behaviours associated with eating and drinking. For example, talking to other children and adults, developing good table manners and hygiene practices and learning to respect others. Therefore, we will ensure:

1. We plan mealtimes as a regular, pleasant and social event.
2. We encourage the children to take turns, share and be polite.
3. We encourage common courtesies such as saying ‘please’ and ‘thank you’.

Children are encouraged to help at mealtimes such as: setting the table, filling the water jugs, and clearing away after. Staff have reviewed risk assessments and now serve the snack to the children, giving them lots of choices, rather than self-serve.

1. Staff will 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.

Children must wash their hands before eating

Good eating practices are also encouraged in the school by adults modelling healthy eating behaviours. Mealtimes provide opportunities to help children develop positive attitudes about healthy foods and to learn appropriate eating patterns, mealtime behaviours such as enjoying a variety of foods and being willing to taste new foods and avoiding inappropriate comments about disliking foods. Adults should demonstrate good food habits and model trying new foods. They will have the same foods as the children unless they have particular dietary requirements or allergies.

**Policy agreed by Directors on:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Signed:**

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