



Adventure Pre-School – Food and drink policy

Adventure is committed to helping families and to helping children adopt and develop healthy lifestyles. Food and drink are very personal choices that families make for children and can be emotive in terms of what families feel or believe is best for their child.

Adventure policy is based on healthy eating and drinking guidance and also on ensuring that all children have access to a balanced, nutritional snack (and lunch) during their time at pre-school. It is hoped that this contributes to children's overall balanced diets.

Drinking

Children are offered semi-skimmed milk or water at snack and during lunch service. Child can access fresh water throughout the session and therefore should not bring in their own water bottle. These are very hard to manage in terms of hygiene and cross-contamination.

Healthy nutrition guidance is clear that young children should drink milk or water but to avoid other drinks. This is due to additional sugars (or 'fake' sugar sweeteners) that can cause tooth decay even when diluted. It is suggested that squashes, flavoured milk, fruit and juice drinks can lead to poor appetite, poor weight gain and diarrhoea in toddlers.

We encourage children to drink from an open cup as developmentally most children at pre-school age will have moved past a beaker or teat as prolonged use can damage tooth development. We are ready to mop up the spills as children develop the physical skill and co-ordination (and concentration!) involved.

Food

All food for snack and lunch service are provided by the setting.

Snack consists of fruit and raw vegetables

Lunch consists of a source of protein (e.g. chicken, ham, tuna, cheese, houmous), a source of carbohydrates (e.g. crackers, tortilla wrap), dairy products (e.g. cheese, dip, yoghurt) and fresh fruits and raw vegetables.

We chose to provide a picnic lunch for all children who attend pre-school during the lunch session because of the benefits it brings to the children and families too. These benefits include:

- Children eating together tend to try a wider variety of foods
- Cost to families is minimal and less than it would cost to provide similar from home
- Time saved by families in not needing to prepare a lunch to send in
- Time with an adult during lunch service talking and interacting rather than opening packets



- Less waste from packaging therefore better for the environment
- Balanced, nutritious menu including all food groups and an appropriate portion size
- Better opportunities for social communication and talk because children have to ask for different foods and more rather than just eat what they have been given
- All food is freshly prepared
- All children eat the same food so children do not get frustrated about what food other children are eating
- We can carefully monitor what food children have eaten and can avoid children eating food that was sent for another child more easily

As a registered food provider, we have certain rules that govern us as well as our legal duties as a provider of early years' education. These include:

- We must provide healthy, balanced and nutritious food
- We must display and communicate to parents any allergens that will be present during food service and in the food we serve
- We must ensure that all food stored on the premises for consumption by the children must be stored and prepared according to national guidelines
- We have a responsibility to educate children about healthy portion sizes
- We have a duty to help children make healthy choices about the food they eat

Additional needs

Where there is a medical need for variation from this policy this will be agreed between families and setting management in the form of a care plan. This will set out the reasons why variation from the policy has been agreed and how the plan will still meet the principles set out in the policy.