

## **Food and drink policy**

At Preschool academy we regard mealtimes and snacks as an important part of our day. Eating represents a social time for children and adults and helps children learn about healthy eating.

The procedures we follow are:

- Before a child starts, we get information about the child's dietary requirements/needs and the child's preferences including allergies.
- All information is recorded and signed by the parents/carers.
- We regularly consult parent/carers to ensure that our records are always up to date.
- The child's dietary information is displayed in their room so all staff/volunteers are fully informed.
- Menus are planned in advanced. We have a spring/summer menu and autumn/winter menu.
- We have been accredited by public health England with the 'Healthy early years' scheme called 'Healthy Hillingdon'. This promotes healthy eating and wellbeing.
- All meals are prepared freshly on site by our experienced cook.
- Alternative's meals are provided to meet children's different dietary needs.
- Fresh drinking water is provided constantly throughout the day. Milk is provided at tea times.