



## **Magdalene Preschool**

### **Food Statement**

#### **Statement of intent:**

Magdalene preschool regards snack times as an important part of the settings session. Eating represents a social time for children and adults and helps children to learn about healthy eating. The preschool promotes healthy eating.

#### **Aim:**

Magdalene preschool will work to improve the health of the setting by equipping children and their families with ways to establish healthy eating habits that benefit both themselves and the environment. We will provide high quality food education and food for snack time and create an enjoyable and sociable dining experience for the children.

At snack time, we aim to provide nutritious snacks, which meet the children's individual dietary needs. We aim to meet the full requirements of The National Standards for Day Care on Food and Drink (Standard 8)

Packed Lunches: The Food Standards Agency survey of packed lunchboxes showed that many children's lunchboxes contained too much sugar, salt and fat and little fruit and vegetables.

Magdalene preschool is committed to encouraging parents to provide healthier lunchboxes for children. To support this, the preschool will provide guidance to parents based on the Food in Schools recommendations of what constitutes a healthier lunchbox; the guidance should be consistent, realistic, and stress the importance of a balanced and varied diet. No food is swapped or shared between. Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.

#### **Methods:**

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure all children's allegiants and religious beliefs are met.
- We encourage all children to eat the food they have been provided with.
- Provision of water jugs, containing clean water, and cups.
- Encourage children to wash their hands before eating.

- After lunch children are encouraged to sit quietly and let their food go down.
- Making lunchtime a happy/sociable experience to develop social skills.

Staff sit with the children while they eat and children are heavily monitored throughout lunch. All staff are first aid trained and staff regularly review the settings choking policy. There is always a high staff ratio to children who stay and have lunch.