



Early Years Food and Drink Policy

We regard mealtimes as an important part of the school day. As well as helping children learn about healthy eating, it is a social time for both children and adults. We offer children healthy, nutritious and balanced meals and snacks which meet their individual needs and requirements and have systems in place to manage food allergies and intolerances.

Dietary needs and requirements.

- When the children admitted at the school, parents are asked to fill in a questionnaire about their child. On this form parents should state whether if their child has any dietary needs or preferences, including any allergies.
- Children's dietary needs are kept on the inside of a locked cupboard in each classroom, so that all staff and volunteers are fully informed about them.
- Systems are in place to ensure that children receive only food and drink that is consistent with their dietary needs and requirements.
- Children are discouraged from sharing or swapping food with each other in case of children with food allergies.
- Staff must show sensitivity for children's diets and allergies. Staff should never use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We take care not to provide food containing nuts or nut products

Promoting healthy eating.

- It is important that children know the importance of a healthy diet.
- Children are provided with meals, snacks and drinks that are healthy, balanced and nutritious
- We provide and encourage children to eat fruit and vegetables and nutritious food for snacks, avoiding large quantities of saturated fat, sugar, salt and artificial additives, preservatives and colourings.
- On occasions we include foods for tasting from the diet of the children's varied cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- On occasions we do cookery activities as part of celebrating festivals and always take children's allergies into consideration.

Independence

Mealtimes should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed

- We provide a positive and welcoming environment with adequate equipment including seating arrangements. Children are provided with utensils that are appropriate for their age and stages of development.
- Mealtimes are a positive time to encourage children to eat well and develop good eating habits and social skills.
- Children are encouraged to serve food themselves and feed themselves to develop independence.
- We have fresh drinking water available for the children and encourage children to ask for water at any time during the day.
- Menus and information are displayed on the display boards in the Early Years department and on the school website.
- The children and staff wash their hands before the preparation of food and eating
- Food is never used as a punishment, or as a reward.

- We encourage children to relax and be calm while eating so mealtimes can be a pleasant social, learning experience.
- We encourage children to say please and thank you and show table manners.
- Children are encouraged by staff to try all foods, but children will never be forced to eat.
- Tables to be used for snack times or meals will be washed & prepared prior to the children sitting. Warm, soapy water, or anti-bacterial spray will be used.

Packed lunches

At the British School of Tenerife, children are able to bring packed lunches.

- Parents should ensure packed lunches contain an ice pack to keep food cool; and hot food should be in a thermos to keep it warm, as food cannot be warmed at school. Food should be in plastic containers, not glass containers
- Parents should provide a healthy balanced diet and not send a packed lunch that consist largely of crisps, processed foods, sweet drinks or sweet products such as cakes or biscuits. We reserve the right to return this food to the parent (as a last resort)
- Parents should not provide food containing nuts.
- Food provided from home must be cut into the appropriate size and must not contain bones.

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