

White Rock Pre-School

Food and Drinks - POLICY

The Staff and Committee of White Rock Pre-School regard snack and meal times as an important part of the Pre-School session/ day.

Eating represents a social time for adults and children; it helps children to learn about healthy eating.

OUR AIM

The children bring in an item of fruit which they can cut up and eat together. They may also choose to drink milk or water or their own drink.

METHODS

Prior to the child's attendance at Pre-School, we gather information about dietary needs from the parent/ guardian. This includes details of any allergies.

We use meal and snack times to encourage independence, covering the Early Years goals.

Meals are not provided within the setting and a packed lunch is normally provided and prepared at the child's home.

A member of staff is designated to look after the children's needs at snack and mealtimes.