



### **Hillside Pre-School**

Hillside Free Church Hall, Hillside Road, Chorleywood, Herts WD3 5AS  
[www.hillsidepreschool.co.uk](http://www.hillsidepreschool.co.uk)

## **Food and Drink**

### **Policy statement**

Hillside Pre-School regards snack times as an important part of the session. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack times, we aim to provide nutritious food which meets the childrens individual dietary needs.

### **Procedures**

- Before a child starts to attend the Pre-School, we find out from the parents about their dietary needs including any allergies
- This information will be included on a childs registration form and signed by the parent/carer
- We display current information about individual childrens dietary needs and allergies so that all staff and volunteers are fully aware of them
- We ensure that children receive only foods and drinks which are consistent with their dietary needs
- We organise snacktimes so that they are social occasions in which children and staff take part
- Snacktimes will be a time for the children to develop independence through making choices and being involved in the preparing and eating of fresh fruit and vegetables
- We have fresh drinking water constantly available for the children and we inform the children that they can ask for water at any time during the session



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- We regularly consult with parents to ensure that our records of their childrens dietary needs, including allergies, are up to date
- We display the list of snacks for the information of parents
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts
- Water and whole pasteurised milk is offered at snacktime

Signed by the Pre-School Leader

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Name of the Pre-School Leader

Date

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Signed by the Committee

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Name & role of Committee Signatory

Date

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