



Stepping Stones Opportunity Group
The District Specialist Centre
Food and Drink Policy

Stepping Stones regards snack and packed lunch time as an important part of the session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

At snack time, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of Ofsted's Care and Standards on food and Drink.

Parents provide packed lunches for children and are given advice on what may be suitable items to provide in their child's lunch box. Information sheets are available if required.

When a child starts to attend Stepping Stones we find out from parents their children's dietary requirements, including any allergies.

Records are kept about each child's dietary needs in his/her registration record and the parents are asked to sign to signify that it is correct.

Each child's record is regularly reviewed to ensure that the information held regarding each child's dietary requirements is current and up to date.

Allergy/specific dietary information is displayed so that all staff and volunteers are fully informed. This insures that children only receive food and drink which is consistent with their dietary requirements and their parent's wishes.

Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans and about food allergies. We take into account this information when providing food and drinks.

We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make the child feel singled out because of her/his diet or allergy.

Snack and packed lunch time are organised so that they are social occasions in which children and staff participate.

Snack and packed lunch time are used to help children develop independence through making choices and feeding themselves.

Storage – All packed lunches are labeled with the child's name, date and is stored in a refrigerator. Food containers brought in from home are named, dated and also stored in a fridge. If food/milk requires reheating we observe best food hygiene practice. Leftover food is returned to the parents at the end of session to show how much their child has eaten. If left over food is not collected at the end of session it is discarded.

Reviewed October 2014