

3 Food Safety and Nutrition Policy

3.3 Meeting Dietary Requirements

Alongside associated procedures in 3.1 to 3.3, this policy was adopted by You and Me Pre-School on 8th December 2025 by the Committee.

Snack and lunch time are important parts of the day at You and Me Pre-School. Eating represents a social time for children and adults and helps children to learn about healthy eating. We aim to provide nutritious food, which meets the children's individual dietary needs and preferences.

- Staff discuss and record children's dietary needs, allergies and any ethnic or cultural food preferences with their parents/carers. A child's special dietary requirements are recorded on registration to the setting and information is shared with all staff. This continues as an ongoing dialogue with all parents throughout their time at You and Me Pre-School.
- If a child has a known food allergy, procedure 4.4 *Allergies and Food Intolerance* is followed.
- Up-to-date information about individual children's dietary needs is displayed so that all staff and volunteers are fully informed.
- Staff ensure that children receive only food and drink that is consistent with their dietary needs and cultural or ethnic preferences, as well as their parent/carer's wishes. At each snack time, a member of staff is responsible for checking that the food provided meets the dietary requirements for each child.
- All staff show sensitivity in providing for children's diets, allergies and cultural or ethnic food preferences. A child's diet or allergy is never used as a label for the child, they are not made to feel 'singled out' because of their diet, allergy or cultural/ethnic food preferences.
- Fresh drinking water is available throughout the day. Staff inform children how to obtain the drinking water and that they can ask for water at any time during the day.
- Snack times are organised as social occasions.

Fussy/Faddy Eating

- Children who are showing signs of 'strong food preferences, or aversions to food ' are not forced to eat anything they do not want to.
- Children are not made to stay at the table after others have left if they refuse to eat certain items of food.

- Staff work in partnership with parents/carers to support them with children who are showing signs of 'food preference or aversion' and sign post them to further advice