

Meeting dietary requirements

Procedures

*****At St Joseph's Pre-School Unit, we recognise snack and mealtimes as an important part of the day. We recognise and promote snack and mealtimes as social times for children and adults, and understand that it helps children to learn about healthy eating. We aim to provide nutritious food, which meets the children's individual dietary needs and preferences*****

At St Joseph's Pre-School Unit:

- Staff will discuss and record children's dietary needs, allergies and any ethnic or cultural food preferences on entry.
- If a child has a known food allergy, the Pre-School procedures on allergies and food intolerances will be followed.
- Parents will be requested to record information about their child's dietary needs on their child's registration form; parents will sign the form to signify that the information given is correct.
- Up-to-date information about children's dietary needs will be displayed so that all staff and volunteers are fully informed.
- Staff will 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's wishes.
- The menus of snacks will be displayed for parents to view. Foods that contain any food allergens are identified.
- A menu will be provided by the school Kitchen through the parent pay system, this will include information about foods which might contain allergens.
- Staff will aim to include food diets from children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- Through on-going discussion, reading of research and up to date information about the dietary rules of religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies snack menus will be reviewed and changed where necessary. Staff will consider this information when providing any food and drink.
- Where there is a need, but it is not possible to source and provide Halal meat or Kosher food, a vegetarian option will be made available; this will be discussed and agreed with parents at the time of the child's registration.

- All staff will show sensitivity in providing for children's diets, allergies and cultural or ethnic food preferences. A child's diet or allergy will never be used as a label for the child, they will not be made to feel 'singled out' because of their diet, allergy, or cultural/ethnic food preferences.
- Fresh drinking water will be available throughout the day. Staff will ensure that children know that they can obtain drinking water at any time, and that they can ask for water at any time during the day.
- Meal and snack times will be organised as social occasions.

Fussy/faddy eating

At St Joseph's Pre-School Unit:

- Children who show signs of being a 'fussy or faddy eater' will not be forced to eat anything they do not want to.
- Staff will recognise the signs that a child has had enough to eat and uneaten food will be disposed of without comment.
- Children will not be made to stay at the table after others have left if they refuse to eat certain items of food.
- Staff will work in partnership with parents to support them with children who are showing signs of 'faddy or fussy eating' and will sign post them to further advice, for example, How to Manage Simple Faddy Eating in Toddlers (Infant & Toddler Forum) <https://infantandtoddlerforum.org/health-and-childcare-professionals/factsheets/>