



Food & Drink Policy

Statement of Intent

Stockton House Pre-School provides only cooked lunches and a pudding for all children who stay for lunch. We work with parents regarding any dietary requirements (both personal and medical) and pride ourselves in our adaptability to cater for all allergy requirements in order to keep all children safe during periods of snack, lunch or cooking activities.

We do not allow packed lunches or any other foods to enter the building that we cannot trace its origin, due to other children's allergies and the risks of cross contamination. We also do not have the storage space or refrigeration space to keep lunch boxes at a temperature to keep the food safe for the children to eat later in the day.

Procedural Steps

- The Food and Drink Procedure outlines how we ascertain the information from parents regarding their requirements for their children.
- Parents are expected to keep the setting up to date with any changes to their requirements via email to the office. Changes cannot be made to the requirements without it being in writing.
- Parents are to provide a labelled water bottle which only contains water; if we find that the bottle contains anything else other than water (unless already agreed with the Early Years' Manager), the contents will be tipped out and replaced with water.
- Milk is provided at snack time.
- All cutlery and crockery is age appropriate for the children

Why do we do it this way?

Lunch and snack time form part of every child's day. It is an important social time for children and adults alike to talk, for children to learn about and try new foods and to ensure that children receive a healthy and balanced diet during the day. Lunch time also teaches children how to use knives, forks and spoons in order to eat their food in a safe manner.

Although some children are fussy eaters, it has been proved that eating with their peer group helps children develop, over time, to try new foods as they observes others eating it.

There are also more and more children who suffer with a range of medical conditions and allergies who attend the setting and we pride ourselves in being able to provide home cooked food that is safe for them to eat and that the children around them are also eating food that is safe for these children to be around as not all allergies are triggered by ingestion or touch but can be airborne too.

What are the options?

- Lunch is not compulsory but those who stay for lunch it is chargeable.

- If parents do not want their child to stay for lunch they can choose a 12pm finish for their child or collect their child at 12pm and return them at 12.30pm having taken them home for lunch.

What are the children provided with?

- At snack time the children have the choice of milk or water
- At lunch time the children are provided with water
- At morning snack the children are given a biscuit and fruit
- At lunch time the children are given a cooked lunch and a pudding
- At afternoon snack the children are provided with a range of savoury biscuits

At all times children's dietary, medical and allergy requirements are taken into account.

Exceptions

Stockton House Pre-School, will provide where possible, flexibility regarding adaptations to the lunch menu and snack.

For example

- a child with a dairy allergy will be provided with a non-dairy biscuit and oaty milk;
- a child with a specific medical condition which may affect their swallowing will be able to have their thickened juice at all times;
- vegetarian children will not be given meat but a meat substitute.

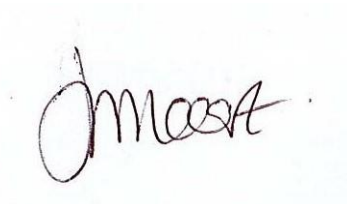
These are just a few examples, and every case is dealt with on an individual basis and written evidence of a requirement may be needed in order to facilitate the adaption i.e. medical certification.

Birthdays

We appreciate that parents would like their child to celebrate their birthdays and other occasions with the other children within their room by bringing in sweets or a cake to share. Unfortunately, we cannot accept any foods brought in to share with other children for all the above reasons.

Review

This Policy has been reviewed and updated on 1st August 2025 by



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Early Years' Manager
Stockton House Pre-School