Food and Drink Policy

Little Acorns Pre-school provides adequate and nutritious food and drink for the children’s well-being. The Pre-school staff all have a good understanding of children dietary and religious requirements and we meet those needs appropriately to promote healthy growth and development.

All food will be brought fresh and will be transported in a cool bag container and put into a fridge or freezer, any leftover food will be thrown away.

Drinks

Fresh drinking water will be available at all times, the children will be encouraged to drink plenty of water, especially in the warmer weather.

Snacks

When offering snacks, the pre-school will make sure they are nutritious and healthy. Any children who have special dietary need or preferences, parents will need to inform staff.

Staff will also need to be told of any allergies to certain foods. A list will be displayed for all staff to view.

The snacks provided are:-

Banana, apple, orange, pear, melon, strawberries, yogurt, bread sticks and toast with butter and jam. On son=me occasions we will have pancakes or biscuits.

Rolling Snack Bar

The rolling snack bar is set up after registration. Staff will place, in easy reach for the children, drinks, fruit, water and milk. Jugs will have water and milk in and cups close by. Children will be encouraged to have a snack and they can select what they wish to eat and drink.

Hand washing is always encouraged before snack time.