

# Bedales Pre-prep Food and Drink Policy

## INCLUDING EYFS

Implementation date:

Date/term of last review: Spring 2025

Author	The Head of Bedales Pre-prep
Review body (individual or group)	The Head of Bedales Pre-prep
Approval Body	The Head of Bedales Pre-prep
ISI Regulatory Paragraph Number	
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Tick relevant box(es) ☐ how this Policy should appear:

Inspector Folder		
Website	Upload	
	Signpost	
Internal only		<input type="checkbox"/>
Parent Portal		
For Pupils/Students		

# Bedales Pre-prep Food and Drink Policy

## Pre-prep Food and Drink Policy

### Aims

At Bedales Pre-prep we believe it is essential to provide children with positive healthy eating experiences in order to promote their well-being. We also encourage children to look at the long-term effects of a healthy and balanced diet. We respect the different dietary, cultural and health needs of all our children.

### Implementation of the policy

The Head Teacher and staff of the Pre-prep will ensure that:

- New members of staff have access to copies of the Food and Drink Policy.
- All staff and volunteers are made fully aware of individual children's dietary needs and requirements.
- The Food and Drink Policy is made available to all parents and carers.
- Records are kept of menus.

### Availability of water

- We have fresh drinking water readily available for children in the classrooms, the Pre-prep playground via the water fountain and main Pre-prep entrance.
- There is fresh, chilled drinking water for staff in the staff room and the Pre-prep main entrance.
- We encourage the children to help themselves to water, either with support or independently.
- We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.

### Meals

- We provide varied, healthy, regular meals daily.
- Children have a healthy choice from a self-service menu.
- The staff make every effort to monitor the children's choices and strongly encourage a balanced diet.
- Early Year Children eat in small groups with an adult serving them their meal at their table.

### Multi-cultural requirements

- Staff respect and make arrangements for children's cultural and religious needs.

### Special dietary needs and food allergies

- We use sensitivity in catering for children with specific dietary needs
- We update records of children's specific dietary requirements and allergies regularly and keep these in a prominent place in the Staff Room and staff are made aware of individual children's needs.

- A list of children with food allergies is also displayed in the Nursery and the Prep kitchen.
  - We do not use nuts and seeds in our food.
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- We offer a balance and variety of snacks to provide a range of cultural and nutritious experiences for the children.
  - The Prep School kitchen staff prepare the snacks for the children in the Pre-prep.
  - Members of Early Years staff have basic food hygiene training for handling and preparing snacks. This is updated as required.

#### Routines

- We plan snack-time as a regular, pleasant and social event.
- Children are encouraged to be independent during snack, to share and take turns.
- We encourage common courtesies such as saying 'please' and 'thank you'.

#### Special aspects

- We involve parents in discussions about the snack food provided through the BPA class representatives.
- We sit with children and encourage them to talk and listen to each other, learning to respect each other's views and opinions, likes and dislikes.

#### Storage of food

- Food is stored in hygienic and clean containers.
- Food that needs to be kept chilled is put on the appropriate shelf in a fridge.
- Food is always eaten by its sell-by date.
- Cups and plates used by children for snack are sent to the school kitchen dishwasher.

Reviewed: Spring 2025

Next review date: Spring 2026

Signed:

