



## Foresteers Outdoor Preschool

# Food and Drink Policy

## Reviewed January 2026

Reviewed by Hayley Smith - Preschool Manager

### Introduction

Healthy eating paired with physical activity is vital for proper growth and development, and we recognise our position to have a positive influence on the attitudes that children and their parents/carers have towards food and a healthy lifestyle. We encourage children to eat healthily and teach them that a healthy eating is not about denying foods that they enjoy but is about having a varied and balanced diet and enjoying lots of different foods.

### Policy Statement

We regard snack and mealtimes as a social time for children and adults. We will provide a morning and afternoon campfire cooking experience and drink. The children are required to bring a healthy packed lunch from home, including a drink or purchase a preschool lunch for an additional fee. When choosing foods parents/carers are reminded that the children will be outdoors and "on the go" all day so it is important they provide foods which have enough energy to fuel them.

Parents are also responsible for providing food their child will eat and the utensils required. In warm weather parents may want to include a cool pack in the lunch box, on cooler days a thermos flask will keep foods warm. Food will be kept in the child's backpack, on the preschool shelves, until required.

Food which is not eaten will be returned home in the child's lunch box.

Hand will wash their hands before snack and lunch time to encourage independence and an awareness of having good hygiene.

Other food waste will be placed into the composting tub or waste bag which is removed at the end of the day.

### Snack Time

Cooking educational experiences will be provided twice a day. Although campfire cooking lends itself to sweet snacks such as baked apples we will try and make snacks as healthy as possible.

### Allergies

- Parents/carers should inform the preschool of any specific dietary needs, preferences, intolerances or allergies as part of the registration process. This information is discussed with the child's family, and regular consultation is held to ensure the information held is correct and up-to-date.
- Information about children's individual food needs is shared with staff. Students and volunteers are also fully informed.
- There is a no nut policy within the setting and we are especially vigilant where we have a child who has a known allergy to nuts. The children are reminded not to share foods.

**Drinks**

Children can access fresh drinking water throughout the day. When it is colder we will also provide the opportunity for warm juice, fruit teas and hot chocolate.

**Snack and Mealtimes**

We organise meal and snack times so that they foster independence and are viewed as social times in which children and staff participate together

**This policy was adopted  
on**

*1st January 2026*

**Signed on behalf of the  
preschool**

***Hayley Smith***

**Date for review**

*December 2026*