



Bedford Kindergarten

Food and Drink Policy 2024-2025

Objectives:

To create a safe and enjoyable meal/snack experience for all children.

To promote healthy eating by providing fresh, nutritious food that meets each child's individual dietary needs.

To educate children about the impact of different foods and drinks on their bodies, encouraging them to make healthy choices.

To encourage parents to pack nutritious lunches or snacks while being mindful of children with severe allergies.

These objectives align with Bedford Kindergarten's commitment to fostering a healthy, supportive, and educational environment during snack and lunch times.

Curriculum

Staff at Bedford Kindergarten will ensure that children are educated about healthy lifestyles, including nutrition and exercise, as part of their learning. If a child has specific dietary needs, staff will collaborate with parents and seek guidance from nutritionists as necessary.

Cooking

As part of our curriculum, we occasionally offer cooking experiences. These activities will focus on healthy recipes and will be inclusive of all children.

OUR VISION –

Nurture the Tiny Minds; Cherish the Future.

Our vision is to create a nurturing environment where young minds are cherished, cultivated, and prepared for a promising future. We believe in the potential of every child and are committed to providing the support and opportunities they need to thrive.

Food Safety

Children will be encouraged to wash their hands before eating and will be supervised during snack and lunch times to ensure safe and hygienic practices.

Drinks and Food Containers

Water is provided daily at the kindergarten, but parents are asked to send a bottle of water with their child each day. Please ensure that all food containers and water bottles are clearly labelled with the child's name so they can easily identify their belongings.

Plastic Water Bottles

Bedford Kindergarten is mindful of environmental sustainability and encourages children to bring reusable water bottles from home, which can be refilled from the water coolers available on the premises.

Birthdays

We value the celebration of special events such as birthdays, but for safety reasons, we request that families do not send food to share. Many children have allergies, and this policy helps to ensure their safety. Instead, children's birthdays will be celebrated with a card and song. The child may also wear a special birthday outfit and give non-food gift items to their classmates.

Gift items should be larger than 3 inches to avoid choking hazards.

Gift bags may include small toys or stationery and should be given to the class teacher in the morning for distribution at the end of the school day.

Special Events

On special occasions such as Eid, Mother's Day, or Library Week, certain foods that do not comply with everyday healthy eating guidelines may be offered,

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referred to as “sometimes foods.” Parents are not permitted to send food to the kindergarten for distribution without prior approval. If they wish to do so, they should contact the KG / Nurse/ Principal for suggestions that are safe for children with allergies.

The following foods are encouraged:

Homemade sandwiches

Boiled egg in a sandwich

Pre-packed sandwiches

Cupcakes

Fresh fruits

Fruit or vegetable salads

Yoghurt

Milk

Water

The following food items are NOT permitted at Bedford Kindergarten:

Chocolate | Chocolate Drinks | Nutella

Sweets

Nuggets

Crisps/Chips

Fizzy Drinks

Ketchup

Nuts and seeds

Instant Noodles

Any foods containing nuts or seeds

We encourage parents to avoid sending processed foods or those high in preservatives, sugar, salt, and fat, as they can negatively impact children’s

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concentration, behaviour, and overall well-being. Healthy options help support children's ability to focus and learn effectively.

Any child bringing in food that is not permitted will have it confiscated, and it will be returned at the end of the day.

Important Note

Bedford Kindergarten is a nut-free kindergarten. Any food items containing nuts will be confiscated and returned to parents or guardians at the end of the school day.

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