

FOOD AND DRINK POLICY

Statement of Intent

This playgroup regards snack and meal times as an important part of the session. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack times, we aim to provide food which meets the children's individual dietary needs and meets the requirements of the statutory framework for the early year's foundation stage to provide snacks and drinks that are healthy, balanced and nutritious and ensure those responsible for the preparation and handling of food are competent to do so.

Methods

- Before a child starts to attend the playgroup, we find out from parents their children's dietary needs, including any allergies. We record information about each child's dietary needs in a prominent place in the kitchen for all staff and volunteers to see.
- Food offered is fresh, wholesome and balanced.
- A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.
- The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways.
- Milk provided for children is semi skimmed and pasteurised. Water will be provided for those allergic to milk or who do not wish to have milk.
- We use snack times to help children to develop independence through making choices, serving food and feeding themselves.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the session.
- For safety reasons, children are not allowed in the kitchens.

- All staff undertakes basic food hygiene training.
- We have adopted the Healthy early year's project [HEY] to promote a healthier lifestyle at home and in playgroup. This project is overseen by Laura Marlow.

This policy was adopted at a meeting of the Playgroup held on 3rd April 2006.

Reviewed and amended 12th November 2009

Signed on behalf of the Playgroup Committee