

Food and Drink Policy

Statement of intent

St Mary's playgroup regards snack time as an important part of the session. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Methods

- Before a child starts to attend playgroup, we find out from parents their dietary needs, including any allergies.
- We record information about each child's dietary needs on his/her registration form and parents sign this form to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and their parents' wishes.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or to make a child feel singled out because of his/her diet or allergy.
- We organise snack times so that they are social occasions in which children and staff participate.
- We use snack time to help children to develop independence through serving food and drink themselves.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water, and they can ask for water at any time during the session.
- We provide a snack each session. This varies each day. We provide a variety of snacks e.g. fruit, toast, cheese and crackers, etc.

Cooking

- We encourage children to take part in cooking activities throughout the year.

- When planning to do cooking activities we will place ALL the ingredients we will be using on the board outside the door before the activity.
- The children will be able to bring these home after the session.
- Please inform a member of staff as soon as possible if your child is allergic to any foods or drinks.

Lunch time

- Children who stay for lunch are asked to bring a named lunchbox with a healthy lunch and drink.
- Please do not send your child with chocolate, sweets or fizzy drinks.
- Children are encouraged to bring at least one piece of fruit.
- Staff help children to learn about healthy eating, how to be independent at lunchtimes and socialise with others.
- In hot weather, please put ice packs inside your child's lunchbox to keep them fresh and cool.
- Please do not send your child with foods that need preparing or heating up.
- We ask you do not send your child with nut products or peanut butter.
- Please make sure you send your child with a spoon or fork if needed.

September 2019

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