

Clutton Playgroup

Food and Drinks Policy



At the cabin snack and lunchtime are an important part of the session. Eating represents a social time for children and adults and helps children learn about healthy eating.

Aim

At snack time we provide nutritious fresh food, which caters for any specific dietary needs. The snacks provided are compliant with the 'Eat Better, Start Better', food and drink guidelines; they are nutritious, varied and of a portion size appropriate to the age of our children. At lunch time we encourage the parents to do the same. We aim to meet the requirements of OFSTED's Welfare Requirements on food and drink.

We also ensure that children to take a full part in the preparation of their snacks to encourage them to be independent and to make them feel part of the running of the group.

Methods

During induction we find out from parents or carers about their child's dietary needs, including any allergies. This is recorded on their registration form.

We regularly consult with parents to ensure that these records are up to date.

We display current information about individual children's dietary needs so all staff and visitors are fully informed about them. This information is consulted, as a precaution, before any activity concerning food commences.

Each child has their own water bottle which is constantly available. Only water or milk is on offer at snack time.

Snack time

Before snack time children wash their hands and help adults to prepare snacks by cutting up fruit and arranging it onto serving plates.

Snack time starts at approximately 10.15 in the morning session and 2.30 in the afternoon session. It takes place on a rolling basis with small groups of children being invited to wash their hands and sit at the snack table with a member of staff.

The children hand out plates and cups and deal with small spillages themselves. They stack their own plates and cups ready to be washed up.

We use snack times to help children develop their independence through making choices, preparing their snack and feeding themselves.

We provide semi-skimmed, pasteurised milk or water at snack time.

We organise snack time so that they are social occasions in which children and staff participate.

As part of our commitment to inclusive practice, preparing and tasting foods from other countries and cultures are often part of the opportunities offered to the children.

Healthy recipes are often displayed on the noticeboard.

Lunchtime sessions

Our Aim

To provide a caring, safe and fun environment, with high quality supervision for children whilst they eat lunch.

At the beginning of lunch time the children will wash their hands.

The children collect their named lunch box (supervised by an adult) and take their seat at the table.

A member of staff will sit at each table of children and have their dinner.

All leftovers will be sent home so parents can see what their child has eaten.

Pre-school Food Guidelines

Lunch boxes, drink bottles and bags should be clearly named.

Lunch boxes will be stored in the kitchen – this is not refrigerated, we therefore recommend that ice packs are placed in with the child's food if necessary. This is specified in the starter pack.

We ask parents / carers not to put sweets in their child's lunch box.

We ask parents / carers to consider a healthy, balanced meal for their child – we suggest websites and books with ideas for healthy packed lunches.

www.change4life/healthy-lunchbox

www.infantsandtoddlerforum.org

This policy was adopted at Clutton Playgroup Committee meeting held

Signed _____ (Chair) Date _____

Signed _____ (Manager) Date _____

To be reviewed in January 2019