

Food, drinks and healthy eating policy and procedure

(To be read and used with the Health and Hygiene policy and procedure. Please also see our Statement of Purpose)

It is the policy of *Wenvoe Playgroup CIO* to promote a healthy lifestyle when providing food or food-related activities to children.

We do this by:

- Registering our premises with the local authority according to the Food Premises (Registration) Regulations Act 1991, Food Safety Act 1990 and Food Hygiene Amendment (Regulations 1990).
- Seeking advice from the Food Standards Agency where needed.
- Taking account of and learning from Food and Health Guidelines for Early Years and Childcare Settings
- Noting information about their child and family needs provided by parents/carers at admission.
- Ensuring that we use an inclusive approach to meeting children's dietary/cultural/health and age and stage needs when providing food and food-related activities.
- Ensuring staff receive training in 'Food Hygiene Safety' and update their training every three years.
- Offering nutritious foods at snack that meet the children's individual dietary needs.
- Providing fresh drinking water throughout each session.
- Serving semi-skimmed milk for children over the age of two who eat a varied diet.
- Encouraging children to try a range of food experiences and activities that broaden their taste and understanding of their own and other cultures, in addition to valuing and respecting other traditions.
- Ensuring that food that is part of a celebratory event is discussed in advance and continues to meet this policy and procedure.
- Never using food as a form of punishment.
- Giving children the time, they need to eat and drink.

- Using appropriate furniture, crockery and cutlery and serving food in ways that develop and encourage social skills.
- Requesting parents keep us up to date with any child who has or has developed food allergies including; gluten, peanuts, nuts, milk, soya, mustard, lupin, eggs, fish, crustaceans, molluscs, sesame seeds, celery and sulphur dioxide or any other additional ingredients.

Please let the playgroup know if you need any specific information regarding the ingredients used in any cooking activities, snacks or drinks.

Important:

Please ensure that you have advised us of any known allergies that your child may have. Please inform the Person In Charge and complete the dietary needs section on your child's registration form.

Any foods used for cultural celebrations or cooking activities are provided pre-packed and allergens checked and listed.

Lunches are provided by parents. As parents preparing your child's packed lunch, it is your responsibility to ensure that the food packed is of the correct temperature. Perhaps you may use an ice pack?

This **food, drinks and healthy eating** policy and procedure was passed for use in *Wenvoe Playgroup CIO*

On: 16/10/23

By: *Sandra Morgan* Position: RI/Person In Charge

Date of planned review: Annually or sooner if changes in practice/legislation