

Moss Side Playgroup

FOOD AND DRINK

January 2017

VERSION 1.0

Food and drink

Policy statement

Our provision regards snack and meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack time, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
- We record information about each child's dietary needs in the Registration Form and parents sign the form to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs – including any allergies - are up-to-date.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them. An up to date record of all children's dietary requirements is kept in a file in the snack area and all staff sign to say they have read and understand the individual dietary needs of children .
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.
- We display the menus of snacks for parents to view.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We provide a variety of foods for snacks that are nutritious and fruit, water and milk is available at all times.
- We celebrate different cultural and religious festivals such as Chinese New Year, Christmas, Eid etc and as part of these celebrations we provide foods from different cultures for children to try.
- 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.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
- 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 make a child feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.

- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- 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 day.
- Children bring their own packed lunches into the setting and staff assist children in being as independent as possible with setting out their lunch, eating it and clearing away their lunch boxes.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For young children who drink milk, we provide whole pasteurised milk.
- *We work with parents/carers to foster healthy attitudes towards food and drinks and we actively discourage foods containing too much fat, sugar and salt.*

ANNUAL REVIEW

The manager and chair of the committee will review this policy statement annually and update, modify or amend it as it considers necessary to ensure the policy meets the needs of Moss Side Playgroup.

SignedDate (Chair of Committee)

SignedDate (Manager)

COMPILED APPROVED REVIEWED REVISED	VERSION	DATE	EDITOR
Compiled	1.0	January 2017	Kersh Webster/EYFS Staff
Approved			