

Glaisdale Playgroup

Food and Drink policy and practice.

The sharing of refreshments can play an important part in the social life of the play group as well as reinforcing children's understanding of the importance of healthy eating. The play group will ensure that it fulfils all the requirements of the registering authority.

All snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings. We pay attention to children's dietary requirements.

When a cooking session is held as an activity we wish to promote an awareness of a healthy diet as well as a particular topic to be covered.

Adults dealing with food will:-

Wash their hands under running water before handling food, after using the toilet and after any body contact i.e. hair, nose etc.

Never smoke in the area or indeed any area of the playgroup.

Not be involved in the preparation of food if they are suffering from an infectious / contagious illness or skin trouble unless gloves are worn.

Never cough or sneeze over food.

Ensure waste is disposed of properly.

Fruit and vegetables will be washed before use. Grapes **must** be cut in half when eaten.

Tea towels, cutlery and crockery used shall be washed after use and stored in a cupboard.

Playgroup will supply snack items for all sessions (included in fees).

Breakfast cereal and toast will be offered to those children who attend from 7.45 am.

Children staying for the full day have two options:-

Packed lunches will be stored in the fridge, we ask parents **not** to include sweets, fizzy drinks or any items containing nuts as we may have children with allergies.

School lunches can be provided at an additional cost. These will be brought across from the kitchen and eaten in our room. Menus will be provided to parents and these meals need to be ordered on the Monday morning for the week ahead.

Children under 2 remain the responsibility of their parent/carer who should observe the food and drink taken and supervise to ensure the child is safe.

Before a child starts to attend staff discuss with parents the child's dietary needs, including allergies and intolerances, making appropriate arrangements to meet them. Every term allergies are checked and updated or sooner if applicable. Parents discuss with us any likes, dislikes, allergies of their child- see registration forms.

Children will get the chance, from time to time, to try familiar and unfamiliar food from a range of cultures tying in with our activities. Routines and activities promote healthy eating and hygiene.

The dietary rules of religious groups and also of vegetarians/ vegans are known and met in appropriate ways. We accommodate specific requests cultural, festive or dietary.

Children are involved in growing and preparing food.

Water is constantly available by means of individual, named water bottles.

Milk is provided for all children. The milk used will always be whole and pasteurised. Water is an alternative for those children not wanting milk. Dates are checked on milk and all products to ensure freshness and items are stored in the fridge which is equipped with thermometer-checked each session.

Snack time is served café style. Children come to the table when there is space. After washing their hands they take their name from the board, choose a cup and plate, then go to the table where they help themselves to snack items and are encouraged to pour themselves a drink and spread and cut where necessary.

Preparation of the snack takes place after first washing hands. When children are helping discussion about health, foods, hygiene is encouraged. All snack times consist of a healthy snack. i.e.:- fruit, vegetables, cheese and crackers and raisins to name a few.

Good manners are expected and encouraged at snack/meal times.

Tea and coffee is available, staff and parents/ visitors will have their tea/ coffee in sealed beakers for safety.

The table is cleared and wiped down after breakfast, snack and lunch. Equipment is washed up, all waste is recycled as far as possible.

Ofsted need to be contacted if we encounter 2 or more cases of food poisoning in our setting as a result of the food and drink we offer.

This policy was adopted at a meeting of the committee on30/7/14.....

(signed on their behalf by) E.Scollay