

Mitchell Walk Playgroup

Food and Drink Policy

Statement of Intent

Mitchell Walk playgroup includes snack times into each afternoon session. It is important to help the children with their social skills. It is a time when adults and children come together. We also teach the children the importance of healthy eating.

Aim

We aim to provide a variety of healthy and nutritious snack. The children will be involved in the making / preparation of all snacks. The snacks will suit the individual dietary needs of every child in setting.

Methods

- We hold records of all the dietary needs of the children in setting before they start. The parents complete a form on all the needs of their child. This includes any allergies a child may have.
- All the information the parents supply is kept in setting with the child's registration details. This is signed by the parents to confirm the information is correct.
- We are in constant contact with the parents and ask that we are kept updated of any changes. Parents will re-sign for any changes made.
- We inform all staff of any dietary requirements. A copy of all the dietary needs of children is kept in the daily register.
- We ensure that the children only receive snacks which the parents are happy for them to have and meets their dietary needs.
- We do not give children any food with large quantities of sugar, salt or fat. We keep the use of artificial additives, food colouring and preservatives to a minimum.
- Drinks are available to the children throughout the 3 hours they are in setting.
- Our staff are aware of the different dietary needs of religious groups. Also that of vegetarians, vegans and any food allergies a child might have.
- We make sure that children with allergies or special dietary needs do not feel singled out in anyway. All children participate in snack time.
- Snack time is a social event and brings all together adults and children.
- Our Snack time is used to help the children learn and develop their skills in making individual choices, thinking for themselves, learning how to pour drinks and serve

food as well.

- We do not let the children share or swap their food. We explain that not all children are able to eat certain food as it can make them poorly. We also explain that there are some families that do not eat certain items of food.
- We provide whole pasteurised milk and water for the children.
- Our staff are all first aid trained and able to administer any medication a child may need. Permission is given in writing by the parents and signed.

This Food and Drink Policy was adopted at a meeting of Mitchell Walk Playgroup held on

Date:

Signed on behalf of the Mitchell Walk Playgroup Management Committee:

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Name:

Role:

To be reviewed on (date):

This policy was reviewed / updated on

Date:

Signed on behalf of the Mitchell Walk Playgroup Management Committee:

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Name:

Role:

To be reviewed on (date):