



Food and drink policy

Statement of intent

Tansor Playgroup regards snack and meal times as an important part of the session. Eating represents a social time for children and adults and helps children to learn about healthy eating. There is a snack time during each morning session and children in their pre-school year bring a packed lunch to Tansor on Fridays during the summer term.

Aim

At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Method

We follow the procedures below to promote healthy eating in our setting:

- Before a child starts to attend at Tansor, we find out from parents (on the registration form) their children's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We display current information about individual children's dietary needs (within the kitchen cupboard) so that all staff and volunteers are fully informed about them.
- 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 provide nutritious food at all snack times, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We are especially vigilant where we have a child who has a known allergy to nuts.
- 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 snack times so that they are social occasions in which children and staff participate.
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We have fresh drinking water available for the children throughout the session. We inform the children about how to obtain the water and that they can ask for water at any time during the session.
- We give parents who provide food for their children information about suitable containers for food.

- In order to protect children with food allergies and to promote good food hygiene, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide whole pasteurised milk.

Packed lunches

During the summer term when children in their pre-school year are required to bring packed lunches (on Fridays), we:

- ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool.
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based desserts such as yoghurt. We discourage sweet drinks and can provide children with water or milk.
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

This policy was adopted at a meeting of

Tansor Playgroup Committee

Held on

25th June 2008

Signed on behalf of Tansor Playgroup Committee

Nicola Clayton-Bailey

Role of signatory

Chair of Playgroup Committee

This policy was reviewed and updated on

19th January 2010

Reviewed on behalf of Tansor Playgroup Committee

Faye Betts

Role of reviewer

Jt Chair of Playgroup Committee