

Food & Drink Policy

Wigton Moor Playschool regards snack and meal times as an important part of Playschool's session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

At snack times we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of Ofsted's welfare requirements regarding food and drink. All staff involved in preparing and handling food have received training in food hygiene and safety:

- Before a child starts to attend Playschool, we ask parents to fill in a Health form and give details of their children's dietary needs, including any allergies.
- We record information about each child's dietary needs in her/his registration record and parents sign the Health form to signify 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. Parents sign the updated Health form to signify that it is correct.
- We inform parents of our Policy on healthy eating.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
- We provide nutritious food at all meals and snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- To encourage children to eat more healthily Playschool have introduced a fruit bowl. We ask parents/carers to allow children to choose a piece of fruit from home to bring to Playschool for the Playschool fruit bowl.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.

- Through discussion with parents and research 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, and 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 which are appropriate for their ages and stages of development and which take account of the eating practices in their cultures.
- We ask parents/carers to provide children with a named drinking water bottle, filled with fresh water each day, and place it on the water bottle trolley. Playschool ensures that children have access to their own water bottle.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and they can ask for water at any time during the session/day.
- We inform parents who provide food for their children about the storage facilities available in Playschool.
- We inform parents that we have the facilities to microwave cooked food brought in from home.
- We give information to parents about suitable food items to be put in a child's packed lunch.
- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
- For children who drink milk, we provide whole and pasteurised milk.

- Should a child forget his/her packed lunch, or a child is still hungry, Playschool is able to provide healthy and nutritious food.
- Hot drinks for children - including warm milk will only be permitted in cups with lids (or bottles). This is to ensure that no other child could be burnt or scalded if the cup were to tip.
- Adults consume hot drinks in the kitchen area and do not place drinks on the top of the coffee bar.
- Adults do not carry hot drinks through the play areas and do not place hot drinks within the reach of children.
- Adults are required to use the flasks and bowls with lids that are provided when carrying hot drinks and hot food at lunchtime.
- OFSTED must be notified of any food poisoning affecting two or more children looked after on our premises. Notification must be made as soon as is reasonably practicable but in any event within 14 days of the incident. It is an offence not to comply with this requirement without reasonable excuse.

This policy was adopted by	_____	<i>(name of provider)</i>
On	_____	<i>(date)</i>
Date to be reviewed	_____	<i>(date)</i>
Signed on behalf of the provider	_____	
Name of signatory	_____	
Role of signatory (e.g. chair, director or owner)	_____	