

34. Food, Drinks and Healthy Eating policy and procedure

(To be read and used with the health and hygiene policy and procedure.)

It is the policy of Bradley Playgroup and Playgroup Plus to promote a healthy lifestyle when providing food or food-related activities to children.

We do this by:

- Registering our premises with the local authority according to the Food Premises (Registration) Regulations Act 1991, Food Safety Act 1990 and Food Hygiene Amendment (Regulations 1990).
- Seeking advice from the Food Standards Agency where needed.
- Taking account of and learning from the Welsh Government Best Practice Guidance.
- Noting information about their child and family needs provided by parents/carers at admission.
- Involving parents/carers and children in the ongoing development and review of this policy.
- Displaying our weekly menus in advance.
- Encouraging parents/carers to make menu suggestions.
- Ensuring that we use an inclusive approach to meeting children's dietary/cultural/health and age and stage needs when providing food and food-related activities.
- Ensuring staff receive training about healthy eating and food safety.
- Offering nutritious foods at snack times that meet the children's individual dietary needs.
- Providing fresh drinking water throughout each session.
- Serving a low-fat or semi-skimmed milk option for children over two years of age who eat a varied diet.
- Supporting mothers to continue breast feeding.
- Avoiding foods that contain high proportions of fat, sugar or salt and the use of foods containing additives, preservatives and colourings are minimised.
- Keeping parents/carers informed about what their child eats; their likes and dislikes as new tastes are developed.
- Encouraging children to try a range of food experiences and activities that broaden their taste and understanding of their own and other cultures, in addition to valuing and respecting other traditions.
- Ensuring that food that is part of a celebratory event is discussed in advance

and continues to meet this policy and procedure. Parents may bring in a birthday cake for their child. We will celebrate the child's birthday by singing happy birthday as a group and with party games. Birthday cake or any party favours will be sent home with the children and parents can decide if and when they have these favours.

- Encouraging children to access outdoor activities.
- Never using food as a form of punishment.
- Giving children the time that they need to eat and drink.
- Using appropriate furniture, crockery and cutlery and serving food in ways that develop and encourage social skills.
- Ensuring adults sit with children at meal times and model and encourage social skills and behaviour.
- Ensuring that any food waste is disposed of in ways that care for our environment.
- If a child has allergies, we will provide alternatives where possible.

Playgroup Plus Lunches:

- Parents/ Carers are to provide their child(ren) with a packed lunch.
- The lunch box/bag should be clearly labelled with the child(ren)'s name.
- Each lunch box/bag will be stored in the fridge located in the kitchen of the main hall.
- During dinner time children will be offered drinks of water. If you wish to provide your child(ren) with their own drink all we ask is that their name is clearly labelled on the bottle provided.

This **Food, Drinks and Healthy Eating** policy and procedure was passed for use in Bradley Playgroup

On: 1st April 2022, 30th April 2021, 01/04/19, 24th April 2018,

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