

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 Food and Nutrition for Childcare settings (2018).
- Noting information about their child and family needs provided by parents/carers at admission.
- Displaying our weekly menus in advance.
- 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 toothbrushing in the sessions to all children with consent through the Designed to Smile scheme (See health and hygiene policy).
- 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 who are one years of age and above who eat a varied diet.
- The only drinks offered will be milk and water to follow the Welsh Government Best Practice Guidance Food and Nutrition for Childcare settings framework (2018).
- 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. 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.
- Children will be given drinks in a lidless cup each session. This is because lidless cups help with teeth formation, and also to help with learning to hold and use the cup by themselves.

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

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