

FOOD & DRINK POLICY

Principles

The aim of this policy is to offer a high quality service to the children we care for and their parents. We recognise the need to encourage healthy eating habits from an early age to help children to reach their full potential in terms of growth and development. This Playgroup regards snack as an important part of the sessions. Eating represents a social time for children and adults and helps children to learn about healthy eating

Policy

At snack we provide nutritious fresh food, which meets the children's dietary needs.

Procedures

- Before a child starts to attend the Pre-school, we find out from parents 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 record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We have fresh drinking water constantly available for the children. Only water and/or milk is on offer to the children during snack time.

Snacks and drinks:

- Snacks provided are healthy and nutritious
- Sweets and fizzy drinks are not routinely offered
- Where possible snacks are sugar-free to avoid causing damage to teeth
- Fresh fruit is regularly offered as a healthy snack
- Whole milk is provided for children as a drink between meals
- If juices and squashes are given these are well-diluted and only given at mealtimes to avoid causing damage to teeth

Rewards and special occasions

- Praise and attention are used to help develop children's self-esteem and to act as a positive reward for good behaviour.
- If other forms of reward are used, they do not conflict with the healthy eating principles that are in everyday use. For example, sweets and sugary drinks are not given as rewards on special occasions, the focus will be on the occasion rather than providing fatty or sugary foods or drinks
- Activities
- A healthy lifestyle is promoted through a variety of activities including active play, outings, cookery, stories, music etc.

Signed: _____

Position: _____

Date: _____