Food and Drink Policy

Snack time is regarded as an important part of the playschool session. It represents a social time for the children and an opportunity to learn about healthy eating.

 It is our intention to provide nutritious snacks which meet individual children’s needs with regard to dietary and religious requirements, having regard to the requirements of the Early Years Foundation Stage Guidance. We will do this by:

* Obtaining information about children’s dietary needs and any allergies before they attend.
* Recording information about each child’s dietary needs on their registration form.
* Ensuring all staff are aware of children’s requirements.
* Displaying information for parents about what is provided for snack each day.
* Providing food that is nutritious such as fruit, vegetables and plain biscuits.
* Ensuring that we are especially vigilant where we have a child who has a known allergy.
* Arrange appropriate training in food hygiene for staff.

**Food and Drink**

Food and drink is always provided at a designated snack time and usually consists of:

* Fresh fruit and vegetables
* Carton of milk (⅓ pint)
* Water

All items of food are stored appropriately, milk is kept in a refrigerator in the kitchen.

**Drinking Water** Young children need regular drinks and we ensure that fresh drinking water is readily available at all times. The children are made aware of this, and are encouraged to ask for drinks, especially during warmer weather and after physical play.

**Lunch Club**

We believe it is important to encourage healthy eating at all times and whilst children who are on the premises during the lunchtime period bring a packed lunch from home, advice is provided to parents/carers on what to include in lunch boxes. (See also, lunch club leaflet)

* Parent/carers are discouraged from including sweets, chocolate and fizzy drinks in lunch boxes.
* Nuts, chewing gum and glass bottles are not permitted.
* Children are not permitted to share food.
* Whilst staff may eat their lunch with the children, hot drinks are not allowed in the classrooms. (See also Health & Safety and Health & Hygiene policies).

This policy has been reviewed and agreed at a meeting of the Playschool Committee.

Signed.....................................................................................(Chair)

Date........................................................................................