

MATLOCK PRE-SCHOOL PLAYGROUP

FOOD AND DRINK POLICY

The Playgroup regards snack and meal times as an important part of the Playgroup sessions. Eating represents a social time for children and adults and helps children develop skills of independence and learn about healthy eating.

AIM

At snack times the Playgroup aims to provide healthy nutritious snacks, which meet children's dietary needs.

METHODS

- Before a child starts attending the Playgroup the parents will be required to provide information of the child's dietary needs including any allergies.
- The Playgroup will record information about each child's dietary needs in his/her registration record, parents are required to sign the record to confirm that it is correct.
- The Playgroup will regularly consult with parents to ensure that the records of their children's dietary needs, including any allergies, are up to date.
- The Playgroup will display current information about an individual child's dietary needs in order for all staff and volunteers to be fully informed.
- The Playgroup will provide nutritious food at snack time avoiding large quantities of fat, sugar, salt, artificial additives, preservatives and colourings.

- The Playgroup will include foods from the diets of children from different cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- The Playgroup requires staff to show sensitivity in providing for children's diet or allergies. Staff do not label or single out children because of their diet or allergy.
- The Playgroup organise snack times so that they are social occasions.
- The Playgroup use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- The Playgroup has fresh drinking water constantly available for the children.
- The Playgroup provides 1/3 pint of whole milk for the children.
- Both Playgroup sites are registered with the Environmental Health Commercial Section, D.D.D. Council Community Services, Town Hall, Matlock DE4 3NN telephone 01629 761212 a copy of the registration can be found in the Operational Plan.
- Matlock pre-school will notify Ofsted of any food poisoning that has affected more than 2 children looked after on the premises. Notification will be made as soon as is reasonably practicable, but in any event within 14 working days of the incident.
- Matlock pre-school operates a rolling training programme to ensure that the setting is up-to-date with Food Safety procedures.
- Matlock pre-school has a cleaning schedule to inform staff of cleaning details.