



St Thomas More Playgroup

Healthy Eating Policy

A good balanced diet is vital for children to develop healthily along with fresh air and regular exercise. Children will be provided with healthy snacks and drinks during their time at the playgroup. Before a child is admitted, staff will obtain information about any special dietary requirements, preferences and food allergies, and any special health requirements. Staff will collect, record and act on information from parents about a child's dietary needs, in order to provide a varied balanced snack menu.

All snacks will be kept in appropriate storage and children will be provided with clean and age-appropriate crockery and eating utensils. Staff will respect the diversity of practice around mealtimes e.g. use of chopsticks or fingers for eating. Fresh drinking water will be available at all times, both in and outside the setting.

All food and drink will be consumed in the 'snack time area', children will be encouraged to sit together and ensure this is a regular, pleasant and social event. Staff will sit with the children and encourage them to talk and listen to each other, learning to respect each other's views and opinions, likes and dislikes, etc. Children will be encouraged to take turns, share and be polite and also encourage common courtesies such as saying 'please' and 'thank you'.

As a provider of snacks staff are aware of their responsibilities under food hygiene legislation. Staff will detail any allergens that are present in the food that I prepare for children in accordance with EU Information for Consumers Regulation 2014 and share this with parents/carers.

Baby changing facilities will not be near food preparation areas.

All staff and children themselves, will be aware of good hand washing procedures and how these are carried out.

No laundry will be undertaken during times of food preparation and staff will ensure that any detergents or soiled clothing will not come into contact with food preparation areas.

If there is an outbreak of food poisoning affecting two or more children looked after on the premises, Ofsted will be notified as soon as possible and always within 14 days of the incident occurring in order to comply with the EYFS requirements. Rochdale Environmental Health Department will also be notified.

All food receipt's, including those under £10, so that if there is an outbreak of food poisoning on my premises staff will be able to trace the outlet where the food was purchased.

Staff have completed Level 2 Basic Food Hygiene Safety course and a copy of certificates are available on request.

Staff are committed to meeting the EYFS Welfare Requirements and the individual needs of children attending. We aim to do this by:

- Discussing with parents during their child's induction their individual dietary needs, any allergies and any religious requirements.
- Recording information about individual children and ensuring that any assistants/family members are also aware of those needs.
- Providing nutritious food using fresh produce.
- Discussions with parents regarding their children's' needs on a regular basis and updating records accordingly.

- Ensuring that snack menus are varied, that children and parents are consulted and that menus are displayed with allergen information which is shared with the parents.
- Ensuring that children are offered food and snacks according to parent's wishes, cultural and medical requirements and individual needs.
- Including information about snack times within my parent booklet.
- Informing parents of the storage facilities for food and drinks.
- Providing parents with written daily information regarding food and drink intake.
- Ensuring that children are offered age appropriate utensils.
- Drinking water will be readily available
- Providing snack times that are social times where children feel comfortable and Independence is encouraged.

Staff will make every effort to help educate the children and parents about the importance of a healthy balanced diet, and the importance of a healthy lifestyle.

Staff will take into consideration cultural, religious and other dietary requirements. When planning monthly snack menus and by working in close partnership with parent/carers, staff will ensure we cater for all particular needs. This approach will also provide a valuable opportunity to introduce all of the children to different cultural food types.

Links:

EYFS SAFER FOOD BETTER BUSINESS

Policy Date: September 2018

Review Date: September 2019