

Melbourn Playgroup and Out of School Club Policies

15. Food and drink

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children with Health Issues policy.)
- 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 hold current information about individual children's dietary needs so that all staff are fully informed about them.
- We use a black band on name cards system to make sure children receive suitable foods.
- We display example menus of snacks for the information of parents.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.

Packed lunches

Where children are required to bring packed lunches, we:

- Provide parents with information about what is expected.
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort
- Food must be in date or we will return it to parents.

Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

Further guidance

- *Safer Food, Better Business*

This policy was adopted at a meeting of	Melbourn Playgroup and Out of School Club CIO Management Committee
Held on	09/01/19
Date to be reviewed	2019-20 cycle
Signed on behalf of the management committee	
Name of signatory	Lisa Bamber and Janet Cottenden
Role of signatory (e.g. chair/owner)	Co-Chairs