



Ballygawley Early Years Playgroup

Food and Drink Policy.

Statement of Intent

Ballygawley Early Years playschool recognises the importance of a healthy lifestyle to enable optimal growth, well-being, development and mental health of our children. Eating represents a social time for children and adults and helps children to learn and develop healthy eating practices.

Aim

At snack time, we aim to provide nutritious food, which meets the children's individual dietary needs. This food will be prepared in a hygienic environment in order to ensure children receive both healthy and safe snack.

Food and drink procedure

- All staff involved in preparing food must hold a current Basic Food Hygiene certificate
- Before a child starts to attend playschool, we encourage parents/ guardians to tell us their children's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in registration forms and ensure parents/ guardians sign the record to signify that it is correct. We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies are up to date. Parents resign the updated record to signify that it is correct.
- We ensure that children receive only food and drink, which is consistent with their dietary needs and their parents' / guardians wishes. We provide nutritious food during each session, which includes a selection of fruit, vegetables; toast will be available.
- Snack times are social occasions in which both children and staff participate. We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- Whole milk will be provided for those children who will drink milk.
- We have fresh drinking water constantly available for the children, during work time and break time.
- Children are encouraged to try out different foods such as noodles, rice, and pancakes etc. during some of their planned activities.



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- Playgroup staff will provide a healthy snack for the children.
- We are very vigilant about allergies at all times and we take care not to provide food which may be harmful. To help our staff with this we ask parents/guardians to give us their full cooperation.

This policy was reviewed and accepted by Ballygawley Early Years playgroup committee on 06/2015, and reviewed again on 01/2016 and 12/2016.

This policy links with the following:

- First aid policy
- Promoting positive behaviour policy
- Infection control policy