



Food and drink policy and Procedures

This policy will be reviewed on an annual basis

Statement of intent

Kidz Star club regards breakfast and snack times as an important part of the setting's session/day. Eating represents a social time for children and play workers. It helps children understand and learn about healthy eating.

Aim

At breakfast and snack times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full safeguarding requirements and promote children's welfare.

Methods

Before a child attend the setting, parents inform us about their children's dietary needs and preferences, including any allergies.

- We record information about each child's dietary needs in his/her registration record and the parent/carer signs the record to signify this is correct. This information is updated regularly with the parent/carer.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We provide nutritious food for breakfast and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- 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 label food containing allergens.
- Through discussion with parents and research by playworkers, we obtain information about the family's religion and beliefs. We take account of this information in the provision of food and drinks.
- We require playworkers to show sensitivity in providing for children's diets and allergies. We do not use a child's diet or allergy as a label or single them out.

- We organise breakfast and snack times so that they are social occasions in which children and playworkers participate.
- We use breakfast 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 session/day.
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.

Procedure

Using an antibacterial spray wipe clean the tables and surface areas in preparation of snack.

Using a clean chopping board cut the amount of washed fruit and vegetables for the children to eat.

After the children have eaten their snack encourage the children to wash and dry their own plate and cup. Wash and dry the remainder of the dishes and re-wipe the tables. Repeat the cleaning procedures at 5pm for another snack cleaning all the surfaces before and after use.

In accordance to article 6 Survival and Development (UNCRC 1989) the child has an inherent right to life, and the State has an obligation to ensure to the maximum extent possible the survival and development of the child.

This policy was adopted at a meeting of Pippins Pre-school and nursery

Held on Wednesday 20th October 2021

Signed on behalf of the Management Trustee Directors

Role of signatory (e.g. chairperson etc.)

E. WMeche

Chairperson

Commenced 2011 - Reviewed: 11.08.22