



Food and Drink Policy

Last updated 11.04.11

Play Service

Statement of intent

Our club regards snack and meal times as an important part of the session/day. Eating represents a social time for children and adults and helps children to learn about healthy foods.

Aim

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Methods

- Before a child starts to attend the club, we find out from parents their children's dietary needs, including any allergies.
- We record information about each child's dietary needs on his/her registration record and parents sign the record to confirm 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 sign the up-dated record to confirm that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
- We display the menus of meals/snacks for the information of parents.
- We provide nutritious food at all meals times, avoiding large quantities of fat, sugar, salt, artificial additives, preservatives and colourings.
- We include the following elements in meals which are offered:
 - Protein for growth
 - Essential minerals and vitamins in raw foods e.g. vegetables, salad & fruit
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new flavours and textures.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups, to which children and their parents belong, and of vegetarians and vegans, and food allergies. We take account of this information in the provision of food and drinks.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of

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her/his diet or allergy.

- 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, which are appropriate for their ages and stages of development and which take account of the eating practices in their cultures.
- We have fresh drinking water available to the children at all times. 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 accordance with parents' wishes, we offer children arriving early in the morning and/or staying late an appropriate meal or snack.
- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies and cultural practices

Packed Lunch Guidance

- Please ensure you do not send nuts in your child's lunchbox as some children have allergies.
- Please ensure your child has sufficient food in their lunch box to last them throughout the day including snack times.
- Please provide your child's lunch in a clearly labelled lunch box or bag.
- Having fun is thirsty work so please supply plenty of drinks for your child. Avoid sugary and fizzy drinks. Instead give water or fruit juice. Please do not send drinks in glass bottles.
- We do not have refrigeration facilities. Please do not send items that will perish quickly in hot weather.
- If you make sandwiches the night before, wrap them up and keep them in the fridge overnight.
- If you include a carton of fruit juice, keep it in the freezer until the morning before it will be drunk, and then put it directly in the lunch box - it will have thawed by lunchtime and will keep the rest of the food cool.
- Use a small, insulated cool bag.

Whilst every effort has been made to ensure the accuracy of the information provided, The Out of School Development Team cannot accept responsibility or liability for any errors which may have occurred. This policy has been created as an **example only**. Providers must write their own policy specific to their setting.