



## Healthy Eating Policy

### Policy statement

Carlton Playgroup recognises the importance of a healthy diet and encourages all children to eat a healthy range of foodstuffs. This is achieved through adopting a whole setting approach which encompasses children, their families and staff. Snack times and lunch times represent a social time for the children and adults and helps children to learn about a healthy diet. We aim to provide nutritious food which meets the children's individual dietary needs and religious beliefs as well as the full requirements of the EYFS 2014.

### Procedures

The playgroup will ensure that it fulfils all the requirements of the registering authority and that:

#### Staff

Before the children starts to attend playgroup, staff discuss with the parent/guardian the child's dietary needs, including any allergies. Written details of any allergies must be provided by the parent/guardian on their registration form. In cases of severe allergies, we ask that the child receives snacks prepared at home.

Staff and volunteers are fully informed about children's individual dietary needs.

The child's record is updated once every 6 months to ensure that correct information about dietary needs are held.

All members of staff who prepare the snacks in the kitchen will have to be trained in food hygiene. This training is refreshed every 3 years and certificate kept on their staff file.

In order to prevent children with allergies and special dietary requirements we have rules preventing children from sharing or swapping their food with one another. Children are aware of this.

#### Children

On a daily basis children are encouraged to make a healthy choice. We talk about healthy snacks at meal times.

We organise snack time so that they are special occasions in which children and staff participate.

We use snack time to help children develop independence through making choices, serving food and drink and feeding themselves. Children are encouraged to wash their hands before snack and lunch and before and after food preparation.

Children are encouraged to bring fresh drinking water in a plastic named drinking bottle to their sessions. In addition to this, children are made aware that they have access to a supply of fresh water at all times. Water and full fat milk are available at snack time.

#### Parents/Guardians

Food offered is fresh, wholesome and balanced.

Parents/Guardians are encouraged to make suggestions to the menu which can be done verbally or through the suggestion box. For example: If a child has been on holiday and wants to share new food.

Parent/Guardians need to inform their child's key worker of any changes to their dietary needs which can then be recorded.

When a child stays for lunch parents/guardians are asked to provide a packed lunch with an ice block. We encourage the children to bring healthy snacks e.g. sandwich, vegetable sticks, yoghurt, cheese, and fruit. Chocolates and sweets should be discouraged. The pack up remains the responsibility of the parent/guardian at all times.

### **Equal Opportunity**

A diet encompassing food from a range of cultures ensures that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.

The dietary rules of religious groups and also vegetarians/vegans are known and met in the appropriate ways.

### **Food and Drink**

All snacks provided are nutritious, avoiding large quantities of fat, sugar, additives, preservatives and colouring.

Water is constantly available.

The milk we provide for children is whole and pasteurised.

### **Allergies.**

If a child in our care had a severe allergy e.g. Nuts, we would inform parents (but remaining confidential at all times) not to bring that foodstuff in their child's pack ups.

### **Useful websites:**

[www.nutrition.org.uk](http://www.nutrition.org.uk)

[www.allergyinschool.org.uk](http://www.allergyinschool.org.uk)

[www.food.gov.uk](http://www.food.gov.uk)

[www.hse.gov.uk](http://www.hse.gov.uk)

[www.pre-school.org.uk](http://www.pre-school.org.uk)

This policy was adopted by Carlton Playgroup Ltd *(name of provider)*

On \_\_\_\_\_ *(date)*

Date to be reviewed \_\_\_\_\_ *(date)*

Signed on behalf of the provider \_\_\_\_\_

Name of signatory \_\_\_\_\_

Role of signatory (e.g. chair, director or owner) \_\_\_\_\_