

Playtedz

Food and Drink Policy

STATEMENT OF INTENT

At Playtedz we regard lunch and snack times as an important part of the setting's day. Eating represents a social time for the children and staff and help them to learn about healthy eating.

Aim

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

Methods

- We record information about children's dietary needs in his/her membership form and parents/carers sign the form to signify that it is correct. It is the responsibility of parents/carers to update our staff with any changes.
- We have easily accessed current information about individual children's dietary needs so that all staff and volunteers are fully informed about them. When the child in question attends Playtedz their diet is discussed in the morning briefing session to ensure that all staff are aware.
- 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 parent's and carer's wishes.
- We ask Parents/Carers 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 require staff to show sensitivity to a child's diets and allergies. Staff do not treat a child's diet or allergy as label for them or make them feel singled out because of his/her diet or allergy.
- We organise meal and snack times so they are social occasions in which children and staff participate
- We have fresh drinking water and squash constantly available for the children throughout the day. We inform the children that they can ask for a drink at any time during the session/day as well as offering it at certain times in the day.
- Guidelines are issued to Parents/Carers regarding appropriate food/drink to be sent in and are given healthy suggestions. (Including allergy awareness)

In our Policy, we incorporate the following Food Safety Management System:

- Lunch is provided by the child's Parent/Carer
- Food is stored in fridge or lunch box dependant on what it is
- Fridge temperature should be 4-5 C
- Food is heated at a Parent's request only if it is safe to heat it (no rice or pork etc) and at the Manager's discretion.

Preparation:

- Staff member managing lunch and snacks needs to wash hands with soap and wear disposable gloves.
- Children who help prepare lunch or snacks need to wash their hands with soap and wear disposable gloves.
- Any cuts to be covered with a blue plaster
- Preparation area to be wiped down using anti-bacterial spray (check instructions for use)

Clearing away:

- Any lunch not eaten to be left in lunch boxes for Parents to see.
- Tables to be thoroughly cleaned with wipes or spray as instructed on the bottle/packet and put away in the locked kitchen area.
- Rubbish to be put into appropriate bins away from children.

This policy is reviewed and updated every year or when legislation changes.

Updated Jan 2017