



## **Panda Playgroup, Sticky Mitts and Tiny Tots**

WI Hall, Station Road, Copmanthorpe, YO23 3SX

Member of the Pre-School Learning Alliance

Registered charity number 1035584

Ofsted number 321619

## **Promoting health and hygiene**

### **Food and drink**

#### **Policy statement**

Panda Playgroup regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating. At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

#### **Procedures**

At Panda Playgroup we follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children with Allergies policy)
- Parents record information about each child's dietary needs in her/his registration record and parents 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.
- 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.
- Parents who provide snacks are asked to provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We try to include foods from the diet of each of the children's cultural backgrounds as well as that of others, providing children with familiar foods and introducing them to new ones.
- We take care 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.



[www.pandaplaygroup.co.uk](http://www.pandaplaygroup.co.uk)

Like us on Facebook – "Panda Playgroup, Sticky Mitts & Tiny Tots"

Make [www.spendandraise.com/pandaplaygroup](http://www.spendandraise.com/pandaplaygroup) your homepage

- 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 about 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 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 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 day.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide pasteurised milk.

#### *Packed lunches*

For lunch club children are required to bring a packed lunch.

- We ask parents to ensure that perishable contents of packed lunches contain an ice pack to keep food cool.
- We inform parents of our policy on healthy eating and encourage parents to provide packed lunches containing a balance of healthy ingredients.
- We provide children, bringing packed lunches, with plates, cups and cutlery if required.
- We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.



This policy was adopted at a meeting of Panda Playgroup held on:  
Date to be reviewed:

Signed on behalf of the management committee:  
Name and role of signatory:

Signed on behalf of the staff team:  
Name and role of signatory:

