



# lintongrantaplaygroup

Pre-school and toddler group  
Linton, Cambridgeshire

Title	Food and Drink
Code	LGPGFD
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Version	003
To be reviewed on	March 2020
Setting Details	Linton Granta Playgroup and Toddlers, The Activity Room, Linton Village College, Cambridge Road, Linton, Cambridge, CB21 4JB Tel. 07806 744 864 Email: <a href="mailto:info@lintongrantaplaygroup.org.uk">info@lintongrantaplaygroup.org.uk</a>

## Policy Statement

Linton Granta Playgroup regards snack and meal times as an important part of the setting's session. Eating represents a social time for children and adults and helps children to learn about healthy eating. The Pre-school Learning Alliance promotes healthy eating through their campaign 'Feeding Young Imaginations'.

At snack times, we aim to provide diverse and nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of The National Standards for Day Care on Food and Drink (Standard 8).

## Procedures

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies.
- We 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. Parents sign the up-dated record to signify that it is correct. A health care plan is completed if required.
- 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 at all 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 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.
- 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 provide snacks suitable for vegetarians and make every effort to ensure Halal or Kosher food is available for children who require it.
- We require staff to show sensitivity in providing for children's diets and allergies.
- In cases of severe allergy/intolerance place mats a made for those children to highlight the issue to staff and volunteers.
- We organise snack times so that they are social occasions in which children and staff participate.
- We use 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.
- Children bring in water bottles and access them freely during the session.
- For children who drink milk, we provide semi skimmed pasteurised milk.

#### *Packed lunches*

When children bring a packed lunch for the extended sessions we:

- inform parents who provide food for their children about the storage facilities available in the setting. We are unable to provide refrigeration facilities and recommend that cool blocks are added in the summer months.
- We give parents information about suitable containers for food.
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
- inform parents of our policy on healthy eating;
- inform parents that we do not have the facilities to microwave cooked food brought from home;
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or creme fresh (petit filou) where we can only provide cold food from home. We discourage sweet drinks and can provide children with water.

- we discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;
- 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 Linton Granta Playgroup			
Held on			
Date to be reviewed			
Signed on behalf of the Management committee	First signatory	Second Signatory	Approved By
Name of signatory			
Role of signatory	Chair	Secretary	Policy Co-Ordinator