Faenol Playgroup CIC

Polict Reference Number:19

Food, drinks and healthy eating policy and procedure:

Ideas for families can be found at: **https://www.nhs.uk/change4life/about-change4life**

Our celebration food policy:

We welcome parents' contributions of specific foods such as a birthday cake. However, we ask that it is shop bought, provided in the original packaging, and within date. This is to ensure we can meet dietary requirements and allergens legislation within our setting.

It is the policy of *Faenol Playgroup CIC* to promote social skills and a healthy lifestyle when providing food or food-related activities to children.

https://gov.wales/sites/default/files/consultations/2018-06/food-nutrition-volume-1.pdf

https://gov.wales/sites/default/files/publications/2018-11/nutrition-guidance-section-6.pdf

https://gov.wales/sites/default/files/publications/2019-03/190312-nutrition-guidance-section-4.pdf

https://gov.wales/sites/default/files/publications/2018-12/nutrition-guidance-section-7.pdf

We do this by:

- Taking account of and learning from Food and Health Guidelines for Early Years and Childcare Settings (Welsh Assembly Government/Health Challenge Wales, March 2009)

- Noting information about their child and family needs provided by parents at admission and agreeing an allergy plan as needed. Parents of children on special diets will be asked to provide as much information about suitable foods and drinks. In

some cases, they may be asked to provide the food themselves. Up to date records will be kept, detailing specific children's dietary needs.

- Involving parents and children in the ongoing development and review of this policy.

- Ensuring that any food-based activities and play are carried out so that children are introduced to the concept of nutrition and physical activity linked with health. *These activities are reported to parents via WhatsApp groups on the staff phone and Twitter. Records of activities are kept on Seesaw for evidence.*

- Ensuring children will have opportunities to be involved with activities and experiences where they make decisions about healthy food choices and trying new foods such as role play, tasting, feely games.

- Ensuring that we use an inclusive approach to meeting children's dietary/cultural(https://www.publichealth.hscni.net/sites/default/files/FaithsPosterA2.pdf) /health and age and stage needs when providing food and food-related activities.

- Encouraging children to play outside daily *(weather permitting),* to ensure they are exposed to daylight which helps their bodies make essential Vitamin D.

- Keeping signed up to Welsh Government Breastfeeding Welcome Scheme. Mothers will be supported to continue breastfeeding their children.

- Serving semi skimmed milk will be provided for children over 2 years, providing the child is eating a varied diet.

- Ensuring staff receive training about healthy eating and food safety which is updated within regulatory requirements.

- Offering nutritious foods at snack that meet the children's individual dietary needs. https://gov.wales/food-and-nutrition-childcare-providers/snack-recipes

- Providing fresh drinking water throughout the day. Children are encouraged to pour their own drinks, to encourage independence.

- Avoiding foods that contain high proportions of fat, sugar or salt and the use of foods containing additives, preservatives and colourings are minimised.

- Keeping parents informed about what their child eats; their likes and dislikes as new tastes are developed.

- Encouraging children to try a range of food experiences and activities that broaden their taste and understanding of their own and other cultures, in addition to valuing and respecting other traditions.

- Ensuring that food that is part of a celebratory event is discussed in advance and continues to meet this policy and procedure.

- Never using food as a form of punishment – or reward.

- Giving children the time, they need to eat and drink and will be allowed to have dessert if they do not eat their main course.

Encouraging children to set the table and prepare foods such as practicing pouring, spreading and chopping skills.

Ensuring adults sit with children at mealtimes and model and encourage social skills and behaviour.

Using appropriate furniture, crockery and cutlery and serving food in ways that develop and encourage social skills.

Ensuring all children have their hands washed (with liquid soap and running water) before and after snack time, and all staff wash their hands before preparing snack and helping children to eat.

Cleaning tables with a sanitizer spray before and after snacks.

Checking and recording fridge temperatures daily.

Ensuring that any food waste is disposed of in ways that care for our environment.

This food, drinks and healthy eating policy and procedure was passed for use in *Faenol Playgroup CIC*	
On: Original passed for use on 5/11/19, updated May 2023	
By: Catherine Lloyd	Position: Manager/Director
Date of planned review: April 24	