

## **P05 Food and drink policy**

**Updated September 2023**

This policy should be read in conjunction with policy P13 Safeguarding Child Policy and PC05 Guidance for Safer Working Practices.

### **Legal requirements**

Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious. Those responsible for the preparation and handling of food must be competent to do so.

Fresh drinking water must be available at all times.

Providers must notify OFSTED of any food poisoning affecting two or more children looked after on the premises. An early years' provider who, without reasonable excuse, fails to comply with this requirement, commits an offence.

### **How we achieve this**

#### **The Playgroup is a NUT FREE setting**

Fresh drinking water is available to children at all times. In addition the children bring in named drinks bottles from home.

It is important that children have had breakfast as snack time is not until 10.30. This is in small groups and supervised by an adult.

Pertinent religious, dietary or allergy information on each child along with a photograph of that child to aid identification is provided to assist parents and staff to comply with dietary requirements.

Parents provide a healthy snack for their child for each session they attend, such as fruit, pita bread and cheese. Water and milk are both supplied by the playgroup during snack time.

Where we provide extra snack such as scrambled eggs on toast or smoothies, These are prepared in the kitchen by a staff member (all of whom hold food hygiene qualifications)

If the weather is especially hot or after an active outside play session the children are provided with drinks of water. Parents are asked to provide children with named water bottles each session and these are available to the children at any time.

Children are encouraged to understand about healthy eating through snack time and particular topics. Children are encouraged to try different foods relating to a topic for example tropical fruit or Indian breads.

It is preferred that parents do not send in sweet biscuits, cakes or sweets as there may be children with allergies. Please do not supply anything with nuts or peanut butter.

If children attend all day sessions, parents need to provide a healthy lunch such as sandwiches, wraps, pasta etc. If parents wish to put in a sweet treat to be eaten once they have finished their sandwiches etc we request that this is only one small item.

OFSTED will be informed of any food poisoning affecting two or more children looked after on the premises.

This policy was agreed by Trustees and Staff of Ridgeway Playgroup Sep 2021  
**Review Date: September 2024**