

## HEALTHY EATING POLICY

Westend Playgroup has been awarded the Gold Standard Health Snack Award. We recognise the relationship between healthy diet and lifestyle and a child's ability to concentrate and learn. Within the setting, eating and drinking is a daily social activity shared between all children and the staff.

Westend Playgroup aims to provide nutritious snacks and drinks which are specifically tailored to children's dietary needs where this is necessary.

- Prior to commencing in the setting parents/carers are required to complete a questionnaire detailing a child's dietary requirements including allergies or intolerances
- This information is recorded in a central file and transferred to a record held in the kitchen area for staff to refer to
- We have a member of staff dedicated to taking responsibility for preparation of food and drinks for children with allergies and intolerances and the same member of staff remains with and supervises these children during snack time
- Four members of staff are trained in the use of an epipen
- Drinks include only water and milk and are provided in cups without lids
- Food provided by the setting includes only that recommended by the Gold Standard Health Snack Award
- Two members of staff are being trained in nutrition
- Three members of staff have the Food Hygiene Certificate
- Staff and children wash their hands before snack time
- Tables are cleaned with anti-bacterial cleaner before and after snack time
- Food is served on plates
- Children are offered a choice of foods which typically will include fruit, bread sticks, toast
- Staff and children eat and drink at the same tables to support the development of social skills and interaction
- If parents/carers send in sugary snacks to celebrate birthdays etc then these are distributed to the children's parent/carer at the end of the session to take home
- Parents/carers are made aware of this policy in the prospectus