



**Maidenbower
Pre-School
Playgroup**

Healthy Food Policy

Maidenbower Pre-school Playgroup follows OFSTED guidelines which recommend that a healthy diet is promoted.

We regard snack and lunch times as an important part of the children's day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Prior to a child attending playgroup we will enquire about his/her medical, cultural and/or dietary needs including any known allergies. This information is recorded on the registration form. We ask parents/carers to keep the playgroup advised of any changes to their children's dietary needs, including allergies.

To ensure continuity of care, we display current information about the individual children's dietary needs and allergies on the inside of the kitchen cupboard in the main kitchen area, so that all staff and volunteers are fully informed about them. Children's self registration names have the letter A on them to represent a child with an allergy. These name cards are used at snack time and makes easy reference for the staff member overseeing snack time.

We provide clean fresh water throughout the playgroup session where children can help themselves. We also ask parents/carers to bring in a piece of fresh fruit/vegetable etc which is shared between all the children at each session. **We do not accept Kiwi or nut products due to allergies.** In order to protect children from food allergies, we discourage children from sharing and swapping their food with one another.

Snack time

During the playgroup session children can access the 'Munch Crunch Cafe' for snack time, where they will be offered a choice of fresh milk or water and a variety of healthy food/fruit to eat. A staff member will sit with the children during these times to encourage conversation and extend interactions; also they have the opportunity to cut up their own fruit with child friendly knives. The staff member will encourage children to make choices about drink and fruit and encourage them to feed themselves during these times to help develop their independence.

Lunch time

During lunch time staff members will sit with the children and will help support them where needed. Lunch time is an important social aspect of our routine as it provides opportunities to inform and educate the children about nutrition and healthy eating. We ask parents/carers to provide a healthy balanced lunch for their children in clearly named bags/boxes **avoiding any kind of sweets and chocolate bars and items which contain nuts. No fizzy drinks.** We suggest:

- Sandwiches with children's favourite fillings (not peanut based)
- Yoghurts
- Small portion of crisps or savoury snacks.
- Fresh fruit/vegetables already chopped for them to eat.
- Other suggestions: dried fruit, cold meats, pasta or rice salads, raw vegetables with dips, jellies, small non fizzy drink. (We can provide water)

Please note, we do not have a fridge big enough to store all of the children's packed lunches, so you will be required to put a cooling block in their labelled food box/bag to keep their food cold.