

SOUTH DARLEY PRE-SCHOOL PLAYGROUP

FOOD AND DRINK POLICY

Drinking Water

Fresh drinking water is available to the children at all times. A jug and beakers are provided at the kitchen Hatch during the session. Children are made aware that it is there and are encouraged to ask staff for a drink when needed. Staff are vigilant to children needs during play.

Snack

Snack time is a communal activity. It plays an important part in the social life of Preschool as well as reinforcing children's understanding of the importance of healthy eating. We try to encourage healthy eating and include in our menus a balance of sweet and savoury foods. The snack is bouth weekly ensuring the food is fresh. We offer a variety of fresh fruits and vegetables, jams, cheeses, breads and crackers. The drinks menu includes milk and water.

The Preschool uses snack time in a variety of ways:

- To foster independence in hygiene skills such as hand washing, using appropriate utensils, recognising the need for clean equipment and tables
- To offer a variety of foods which children may not have previously tasted. Snacks provided are occasionally foods which the children have made in session or linked to cultural/religious festivals
- To improve manual dexterity – children pour their own drinks and are often supervised using utensils to cut, spread and serve snack
- To encourage decision making – children choose where to sit, what they would like to drink
- To encourage maths skills such as counting – how many children have we got? So how many cups do we need?
- To foster positive social skills – sitting sensibly, interacting with peers, appropriate behaviour whilst sitting at the table and eating, being well mannered towards staff and peers (we place great importance on and always strive to encourage children to say Please and Thank You)

Lunch boxes

On the days we offer lunch club, the parents are asked to provide lunch boxes for the children. We advise the parents that due to insufficient fridge storage to place a cool/ice pack within the children's lunch boxes (especially in the warmer months). Parents are asked to ensure the lunch box contains healthy foods, and that there are no sweets or confectionary bars. Parents can provide drinks for the children, however during lunch times we will supply children with water to drink. Children are supported to independently eat their lunch; staff are on hand to help with packaging. Staff often sit and eat their lunch with the children.

Information from parents

Parents are required to inform us of any special dietary requirement or food allergies on their child's registration forms. They will be recorded on a laminated sheet located on the inside of the snack cupboard door to ensure all staff are aware of these requirements when preparing and giving out snack.

