



Food and Drink Policy

Healthy eating paired with physical activity is vital for proper growth and development, and we recognise our position to have a positive influence on the attitudes that children and their parent/carers have towards food and a healthy lifestyle.

We encourage children to eat healthily and teach them that healthy eating is not about denying foods that they enjoy but is about having a varied and balanced diet and enjoying lots of different foods.

We regard snack and mealtimes as a social and valuable learning time for children and adults.

The children are required to bring a healthy packed lunch from home, including a drink.

A snack is provided by the playgroup and is in the form of a fruit/vegetable made available on a snack station for the children to access as and when they choose.

When choosing foods parents/carers are reminded that the children will be outdoors and/or “on the go” all day so it is important they provide foods which have enough energy to fuel them. Parents are also responsible for providing food their child will eat and the utensils required. In warm weather parents may want to include a cool pack in the lunch box, on cooler days a thermos flask will keep foods warm. Food will be kept in the child’s lunch bag in the Earth House kitchen until required. A fridge is available for items needing to be refrigerated. Children are encouraged to label and place their items in the fridge with the help of their parent/carer on arrival to the playgroup.

We kindly ask that children do not bring hot liquids for snacks or lunch as these pose a safety risk.

WildTime PlayGroup does not have the necessary authorisation to prepare or heat food on the premises.

Allergies

- Parents/carers should inform the preschool of any specific dietary needs, preferences, intolerances or allergies as part of the registration process. This information is discussed with the child’s family, and regular consultation is held to ensure the information held is correct and up-to-date.
- Information about children’s individual food needs is shared with staff. Students and volunteers are also fully informed.

- The children are reminded not to share foods brought in from home. We recognise that food times are social times and that children may wish to share items, we acknowledge their intent positively but remind children that they cannot share foods with others.

Drinks

Children are asked to bring a drink from home in a reusable bottle. Drinks bottles are accessible to the children, we encourage the children to help themselves whenever they are thirsty as well as during snack and meal times. WildTime PlayGroup also has fresh drinking water available and accessible throughout the day.

We politely ask that parents do not send their children with fizzy drinks as these often cause spillages from reusable bottles and are not as effective at thirst quenching.

Snack and Mealtimes

We organise meal and snack times so that they foster independence and are viewed as social times in which children and staff participate together.