

# CHRIST CHURCH PLAYGROUP

## Diet - Policy and Practice

The sharing of refreshments plays an important part in the social life of the Playgroup as well as reinforcing children's understanding of the importance of healthy eating. The children will be encouraged to help pour drinks, prepare fruit and offer food to other children.

The playgroup will ensure that it fulfils all the requirements of the registering authority and that:

Before a child starts to attend the group, staff discuss with parents the child's dietary needs, including any allergies, and make appropriate arrangements to meet them. Parents of children on special diets will be asked to provide details of special food needs from a registered doctor or dietitian.

Will provide a diet encompassing food from a range of cultures ensures that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods

The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways

Water is constantly available and children are encouraged to drink it.

Parents will be advised if a child is not eating well

If children have not eaten their main meal they will still be offered their dessert

Menus will be regularly reviewed termly to include seasonally appropriate food, to ensure variety and to ensure the dietary needs of all the children are met.

The Playgroup requires that children do not bring their own food and drink into the setting.

Parents may bring food and drink to celebrate special occasions e.g. birthdays with prior arrangement with the Playgroup Organiser. This will be given to the playgroup staff to divide among the children at circle time. The Playgroup Organiser will ensure that those children with specific dietary requirements or allergies are catered for in this respect.

As often as possible staff members will sit with children during meal times

Food will not be used as a form of punishment, either by its provision or denial.

Menus will be displayed to parents.

***This policy was reviewed in December 2014.***

Signed on behalf of the Playgroup .....