



www.penhillplaygroup.org.uk

Diet Policy and Practice

At Penhill Playgroup, we recognise that some children and their families follow strict religious, vegan/vegetarian, medical or cultural diets. We also want to promote healthy eating, through a balanced diet, to all children.

In order to ensure the children's dietary requirements are met in appropriate ways, we ask parents/carers to inform us of their children's personal dietary requirements. Initially this is during admission through the completion of the Registration Form and "Getting to Know You and Your Child" document. Any special dietary requirement changes should be brought to the attention of the Playgroup as soon as possible.

All food and drink allergies are recorded on the Registration Form and "Getting to Know You and Your Child" document. Details of any food or drink allergies or special dietary requirements of the children are displayed in the snack area and kept in the food preparation area, so that any member of staff preparing or monitoring snack time can ensure all children receive the appropriate food and drink requested by the parent/carer. If necessary, training for staff regarding allergies can be arranged, and a Care Plan put into place.

Any questions or concerns are noted and discussed with the parents/carers. At special occasions, such as parties, where additional food and drink may be provided, appropriate dietary advice will be sought from the parents/carers in advance of the occasion, where possible.

We will endeavour to ensure that snack time consists of healthy options, including raw fruit and vegetables, bread sticks, toast etc. and encourage reluctant eaters to try new foods. Occasional cooking activities also offer the opportunity to try new foods the children have helped to make themselves. Occasionally these may be sweet treat type foods such as cakes or biscuits, or savoury such as bread or soup.

Water is available throughout the session, for children to help themselves to. Milk is also available at snack time, and on occasions, other drinks such as hot chocolate or fruit smoothies which they have made themselves may be available in small quantities. To help with dental hygiene, we will encourage the use of straws when drinking liquids which can be sugary, such as fruit smoothies.

This policy was adopted at a meeting of the Playgroup held on

Signed on behalf of the Playgroup