

MARDEN PLAY SCHEME

18: Food and Drink

Our Play Scheme is committed to providing healthy, nutritious and tasty food and drinks for children during our sessions. The manager and staff will make every effort to ensure that food and drink is safely prepared and sensitive to the dietary, religious and cultural requirements of all the children.

When preparing food and drink, staff will be mindful of the provisions of the Hygiene policy so as to ensure that the safety of staff and children is paramount. In addition to these provisions, staff will be careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.

The manager and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. All staff who either handle or prepare food have up to date Food Handling Certificates and are fully trained in food storage, preparation, cooking and food safety.

As part of a child's settling in period, the Play Scheme requires that the parents and carers complete the Registration Form, including information about any special dietary requirements or allergies the child suffers from. The manager and staff will ensure that food and drink offered to children takes account of this information so as to safeguard their health, and meet – as far as possible – their particular preferences.

No child will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or reward.

Children are not encouraged to bring food and drink to Play Scheme other than in their packed lunches.

(1) Healthy Eating

The Play Scheme recognises the importance of healthy eating and a balanced and nutritious diet.

The Play Scheme will not provide sweets, excessive amounts of fatty or sugary foods for children. The Play Scheme will provide a choice of non-sugary drinks and fruit/vegetable snacks. Fresh drinking water will be made available at all times.

(2) Cultural and Religious Diversity

The Play Scheme and its staff are committed to embracing the cultural and religious diversity of the families who use our services. The manager and staff will work with parents/carers to ensure that any particular dietary requirements are met.