



## **FOOD AND NUTRICIAN POLICY**

Ferryfield Playgroup uses as its guidelines the NHS, Health Scotland publication 'Setting the Table; Nutritional guidance and food standards for early years childcare providers in Scotland'

Ferryfield Playgroup does not provide meals for any of the children; we do provide snacks and drinks at each session.

- Children are only provided milk and water as their choice of drinks.
  - i. Drinks are available at all times.
  - ii. Parents will not be permitted to bring in juice for their children.
    - a. This is to protect children with allergies
    - b. To encourage good oral hygiene
    - c. And to ensure all children have a healthy diet whilst at playgroup
- Experience has demonstrated that all children will drink either milk or water if they are thirsty and that is all they have to choose from.
- Parents should allow their children to be given drinks by the Playgroup (both at snack time and lunchtime) and take this opportunity to save money and to support the Playgroup's healthy eating policy.
- Playgroup will provide full fat milk for all children.
  - Whilst it is acceptable for children aged 2 to 5 to drink semi-skimmed milk, we are unable to monitor the nutritional content of every child's meals, therefore it is prudent for us to presume some children require the nutrients and calories found in full fat milk.
- The snacks offered by Playgroup will be monitored to ensure they comply with the 'Setting the Table' guidelines – fruit and vegetables will be combined with a starchy food to ensure variety and a range of nutrients and adequate calories are provided.
- Snack choices will be varied across a month to ensure children that only attend a few days will also experience variety.
- Children's allergies, religious and dietary requirements will always be paramount when planning and providing snacks.
- Parents will be encouraged to provide healthy choices in their child's lunch box.
- At lunchtime children will be encouraged to eat their sandwich followed by their fruit, then dairy based products. Children are not encouraged to eat sweets or savoury snacks; however they will not be prevented from doing so, if that is what is in their lunchbox.
- All children are treated with individual concern and parents should speak to a play leader if they have concerns with their child's diet or the contents of this policy.

Adopted by the Committee .....

Date .....

April 2016