



SIMPLY PENDOYLAN

FOOD AND DRINK POLICY

The Club is committed to promoting healthy eating habits and positive attitudes towards food. We aim to support children to make informed choices by providing a variety of healthy, balanced snacks and encouraging good social eating practices within a safe, clean and welcoming environment.

Food and drink provided by the Club will be nutritious, appropriately portioned and offered at suitable times, considering the needs of growing children. Menus will reflect current healthy eating guidance for childcare settings in Wales.

Fresh drinking water is available and accessible to children at all times.

All staff involved in the preparation or handling of food hold an appropriate food hygiene qualification and follow current food safety and hygiene regulations in line with Food Standards Agency and local Environmental Health requirements.

Food is stored, prepared and served safely. Kitchen and food preparation areas are maintained to a high standard of cleanliness and hygiene at all times. Surfaces are cleaned thoroughly before and after food preparation, and no other activities take place in these areas while food is being prepared.

Fridge and freezer temperatures are checked and recorded daily to ensure food is stored safely.

Effective procedures are in place to prevent cross-contamination, including the safe management of allergens.

Children are encouraged to develop good personal hygiene practices, including washing their hands before and after handling food.

The Club promotes inclusive practice by recognising and meeting individual dietary needs. Parents and carers are required to provide up-to-date information regarding allergies, intolerances, medical conditions, or dietary requirements. This information must be updated promptly if changes occur.

Where a child has specific dietary or medical needs, appropriate arrangements and care plans will be implemented. All relevant staff will be informed and trained where necessary, including emergency procedures and the use of prescribed medication.

Children will be given opportunities to try a variety of foods and to learn about healthy eating through planned activities such as cooking and discussions about nutrition, health and hygiene. Children are supervised at all times when involved in food preparation activities.

Mealtimes are recognised as an important social experience. Staff encourage good manners, independence and positive social interaction. Adequate time is provided for children to eat, and suitable furniture, crockery and utensils are provided.

Healthy food choices are promoted across the provision, including within play activities and learning experiences.

Confectionery (e.g. sweets) is not routinely used as a reward. However, occasional treats or foods from different cultures may be provided as part of planned activities or celebrations.

Children will always be encouraged, but never forced, to eat.

To support the safe management of allergies and ensure consistency, parents and carers are asked not to send food or drink into the Club during term time unless this has been agreed in advance with the senior playworker.

Responsibility and Review

The registered persons and senior playworkers are responsible for ensuring this policy is implemented and adhered to by all staff.

This policy will be reviewed annually, or sooner if guidance or legislation changes.