



HEALTHY FOOD & DRINK POLICY

Pheasey Park Farm Early Year's Centre is committed to providing healthy, nutritious and tasty food and drinks for all 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. Pheasey Park Farm Early Year's Centre is registered with the local authority to provide snacks. All staff will have been trained, or in the process of being trained, to handle or prepare the snack, by Food Safety Certificates and are fully trained in food storage, preparation, cooking and food safety.

As part of a child's settling in period, Pheasey Park Farm Early Year's Centre will require that the parents/carers complete an Essential Information Form and All About Me, including information about any special dietary requirements or allergies the child suffers from, along with their food and drink preferences. The Manager and staff will ensure that food and drink offered to children takes into account 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 punishment or reward.

Healthy Eating

Pheasey Park Farm Early Year's Centre recognises the importance of healthy eating and a balanced and nutritious diet. Because of this, Pheasey Park Farm Early Year's Centre will endeavour to make a variety of food available including: meat, vegetarian and vegan options, a variety of fruit and low fat, low sugary foods. Sandwiches can be made with either wholemeal or white bread, depending on the child's preference.

Pheasey Park Farm Early Year's Centre will provide a choice of milk or water and make sure that fresh drinking water is readily available at all times.

Cultural & Religious Diversity

Pheasey Park Farm Early Year's Centre 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. The Early Years Centre is also keen to help introduce children to different religious and cultural festivals and events through different types of food and drink.

Storing of chilled foods contained in packed lunches from home will be in the form of individually named food bags in the Centre fridge, dry foods will be stored in the children's lunch boxes on their named pegs.

Mrs L Smith
Mrs S Lanni
August 2021