

PETER PAN PLAYGROUP

HEALTHY EATING POLICY

- At Peter Pan we believe in offering all our children a healthy nutritious well balanced snack at our rolling snack time that we hold between 10.00 and 11.00 each morning.
- We offer only fresh water and full fat milk as refreshments, though milk is only offered during our snack time, but fresh water is provided via a drinks cooler throughout our morning session, which is accessible for all our children, to act independently, whenever they feel thirsty. In instances where children have a special medical condition we do allow if needed soft drinks to be consumed. These drinks if needed will be supplied by the parent/carer, clearly labelled, and only made available to that said child.
- During our snack time we offer the children a choice of fresh and/or dried fruit and vegetables. Again if any medical conditions dictate that a child may need a different type of snack, then these will be provided by the parent/carer, clearly labelled, and only made available to that said child. In this instance, the said child would not be excluded from our rolling snack, but encouraged to take part, and if any questions were raised why this child was eating something different, staff would explain in simple terms to the small group the child would be sitting with at the time.
- Everyone is welcomed and encouraged to attend our rolling snack with whatever dietary requirements they may have.
- We also offer bread sticks/crackers/fresh bread when they have been donated to us, which we know children enjoy. Donations from parents are gratefully received.
- We see snack time as a learning opportunity so with this in mind we teach and encourage our children about healthy eating but also provide children with a wide range of fruit and vegetables from around the world, which they can taste, touch and smell.
- "Celebrations, such as "Chinese New Year", "Pancake Day", and "Children's Birthdays" can and are included within our rolling snack, so for example the children would have an opportunity to sample noodles for Chinese New Year" and have a pancake for "Pancake Day" and maybe have a cup cake if the Birthday Child has brought them in from home. We are very aware of allergies and parents wishes but we feel at Peter Pan that sometimes having something a little special or slightly different from time to time does not hurt as long as everyone is in agreement and happy.
- Majority of our staff have or will be attending a "Food Hygiene Course", so are aware of the importance of having good hygiene standards when rolling snack is taking place, and the importance of storing/cleaning/recording our equipment and supplies in the correct and safest way - correct temperatures and sell by dates.
- All our children and staff are encouraged to wash their hands before and after snack.