

TWYFORD PLAYGROUP EY484175

HEALTHY EATING POLICY

Date ratified: February 2025

Date reviewed: Annually

Manager Signature: Rachel Knott

Chair of Committee Signature: Melissa Simpson

Review Date: February 2026

Twyford Playgroup recognises the importance that good nutrition has to a healthy lifestyle and that providing a balanced diet in childhood helps establish healthy eating habits for life. A balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their ability to learn and engage.

By promoting healthy eating patterns, healthier food choices and improving knowledge, Twyford playgroup will take a proactive approach to improving the health and well-being of local children and families.

To ensure that all aspects of food and drink at playgroup promote the health and well-being of the children, families, staff and visitors, the following standards will be promoted and undertaken.

This policy will cover: -

- Food and drink provision throughout Twyford playgroup
- Users and visitors
- Snacking
- Lunch provision
- Education
- Health and safety

Food and drink provision

Breastfeeding will be promoted and always supported and room for privacy will be provided if available.

Water and milk will be the drinks offered to children.

Water will always be available.

Milk will be made available and promoted at snack times. (Soya/Oat milk is available for those children with dairy intolerance)

Any snacks made available will be low in sugar, salt and fat – Crackers, Floured Tortilla Wraps, Fresh fruit and vegetables.

Fresh food will be used, as opposed to processed food/fast food

On special occasions and celebrations healthy options will be balanced with less healthy options

Special dietary or cultural needs of any children will be met, and these needs will be identified and made known to all relevant staff.

Any visitors/helpers will be encouraged to adhere to the Healthy Eating Policy.

It is the responsibility of the manager and staff to ensure that any food and drink provided whilst at playgroup adheres to these standards.

Any food supplied from home should adhere to these standards.

Visitors should be discouraged from bringing their own snacks and drinks into the playgroup for consumption whilst attending stay and play sessions.

Parents/carers and children are requested not to bring sweets or any other confectionery to Twyford playgroup, except for specific dietary needs e.g. diabetes, restricted diets etc.

Snacks

- Any snacks made available will be low in sugar, salt and fat
- Only plain milk and water will be offered between meals
- Regular times for meals and snacks are recommended to reduce the risk of dental problems
- On special occasions/celebrations healthy options will be available and balanced with less healthy options

Lunch provision

- Parents are advised to include an ice pack in their children's lunch boxes as we do not have enough accessible fridge space
- Parents are asked to clearly label their child's lunch box

Education

Twyford playgroup will include work associated with healthy balanced diets in its curriculum.

Twyford playgroup will provide family learning opportunities for adults and children around healthy eating.

Parents and carers at stay and play session will be encouraged to sit with children while they eat and to be a good role model for healthy eating. Staff will sit with children at snack and lunch to support children's learning.

The use of sweets and chocolates as a reward will be discouraged (unless as part of an individual child's specific targets where food is the motivator)

Health and safety

Twyford playgroup is a nut free setting, please refer to our allergy policy.

Any allergies, food intolerances and/or dietary requirements are identified during admissions and a supplementary dietary form is completed by parents. This informs our records and is shared with staff. For allergies, protocols are written with parental input and shared with staff

- Hot drinks will be served in areas away from children
- Food hygiene is promoted at Twyford playgroup children and staff are reminded about the importance of hand washing before eating or handling food.
- Tabletops will be cleaned using an appropriate cleaning spray before children have snack or use tables prior to a cooking activity
- Children's beakers and cups will be washed after use