

Food and Drink Policy

Policy's Statement of Intent

Bunnahone Bunnies Cross Community Playgroup is committed to promoting children's health and to encouraging healthy eating habits. Our policy is based on Nutrition matters from Early Years.

We aim to offer a high-quality service to children, to ensure they recognise and encourage them to be able to make healthy eating habits from an early age to help children reach their full potential in terms of growth and development.

Procedures

- The playgroup will endeavour to provide snacks, which are healthy and nutritious and help to provide children with the energy and nutrients they need.
- When snacks are given, they are healthy and nutritious and help provide children with the energy and nutrients they need.
- Where possible, snacks are sugar-free to avoid causing damage to teeth. Fresh fruits are the snack of choice.
- Semi-skimmed milk or water is provided
- If on occasions juices and squashes are given, these are well diluted (one part of quash to eight parts water)

Rewards and Special Occasions

Praise and attention are used to develop children's self — esteem and act as a positive reward for good behaviour.

If other forms of reward are used, they support and do not conflict with healthy eating principles. For example, sweets and fizzy drinks are not given as rewards.

Celebration of birthdays and other special occasions e.g., Easter, Christmas, New Year will focus on the sense of the occasions rather than the provision of rich, sugary food and drinks.

The implementation of this Healthy Eating Policy will not only relate to the provision of healthy foods and drinks within the setting in order to promote the nutritional and general wellbeing of the children, but it will also address food related activities involving the children which should encourage and enable them to make healthy choices in the future.