

CARRYDUFF PLAY CARE CENTRE

FOOD AND DRINK

Carryduff Play Care Centre / Playgroup aims to offer a high quality service to the children attending the centre and their parents. We recognise the need to encourage healthy eating habits from an early age to help children reach their full potential in terms of growth and development.

Meals

- Meals, snacks and drinks provided for the children will be well-balanced and nutritious. Parents who choose to provide their child's food and drinks will be encouraged to choose a healthy option.
- All puddings we provide are based on fruit and / or milk, and fresh fruit is always available.
- Processed meat products such as sausages, chicken nuggets, burgers and fish bites are limited to once a week. Healthy cooking methods are used e.g. boiling, grilling, steaming, microwaving or stewing, rather than frying.
- Special diets are respected. Parents will be asked to provide a copy of their child's diet sheet from the registered dietician. Cultural dietary habits are also respected, and parents will be asked to provide details.
- Mealtimes are used as an opportunity to encourage good table manners when children and staff eat together.

Snacks and Drinks

- Snacks provided are healthy and nutritious, and where possible sugar-free to avoid causing damage to teeth.
- Fresh fruit is offered every morning in playgroup for snack.
- The only drinks offered are milk and water.
- Drinking water is available throughout the day.

Rewards and Special Occasions

- Praise and attention are used to help develop children's self-esteem and to act as a positive reward for good behaviour.
- Sweets and sugary drinks are not given as rewards.
- On special occasions, the focus will be on the occasion rather than providing fatty or sugary foods or drinks.
- On the occasion of a child's birthday, parents may provide a cake if they choose to, however sugary drinks are not permitted.

Activities

A healthy lifestyle is promoted through a variety of activities including active play, walks, cookery, stories, music and dance.

Monitoring

This policy will be reviewed annually by the management committee to ensure it remains fit for purpose.