



## Food and Drink Policy

**Allsorts is committed to providing healthy, nutritious and tasty food and drinks for children during our sessions. The Play Leader 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 Play Leader and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. Allsorts is registered with the local authority to provide food. All staff that either handles or prepares food have up to date Food Handling Certificates and are fully trained in food storage, preparation, cooking and food safety.

As part of a child's registration, Allsorts requires that the parents and carers complete the Admissions Form, including information about any special dietary requirements or allergies the child suffers from. The Play Leader and staff will ensure that food and drink offered to children takes account of this information so as to safeguard their health.

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 a punishment or reward.

### **Healthy Eating**

Allsorts recognises the importance of healthy eating and a balanced and nutritious diet. Because of this, Allsorts will endeavour to make a variety of foods available including; meat, vegetarian and vegan options, plenty of fruit and low fat and low sugary food.

Allsorts will not provide sweets for children and will avoid excessive amounts of fatty or sugary foods. Allsorts will provide water or milk to drink and make sure that fresh drinking water and fruit are available at all times.

Breakfast consists of low sugar, wholegrain cereal, brown bread/toast and milk or pure fruit juice.

### **Cultural and Religious Diversity**

Allsorts and its staff are committed to embracing the cultural and religious diversity of the families who use our services. The Play Leader and staff will work with parents/carers to ensure that any particular dietary requirements are met. Allsorts is also keen to help introduce children to different religious and cultural festivals and events through different types of food and drink.

### **Portions**

Allsorts recognises that children of different ages have different food needs and serve portions accordingly. We use the guidelines of a child's hand size to establish fair and reasonable portions for snack time. We do not offer seconds or extra food other than fresh fruit.