

Fun 4U Club

27 Provision of Food and Drink policy

Principle

Within Fun 4U Club we promote a self-service style of snack time, this helps the children to make their own decisions over what they would like to eat.

Statement of Intent

Fun 4U Club believes that

- Every child has the right to a well-balanced diet.
- Giving children their own choice at snack time encourages children to try new food without any pressure on them.
- Promoting a self-service style of snack time, allows the children to butter their own toast or bread, make individual choices on the toppings they like, pour their own drink, and choose the required cutlery they will need to consume their chosen snack.
- Understanding what is required in preparing a meal and builds self-confidence in their ability to be independent.
- All members of staff involved in providing and preparing food, must have their Food and Hygiene certificate.
- Children's hydration is very important, whether inside or out, but particularly on days with high temperatures.

Procedures

- Staff providing and preparing food will follow the menu for that day, if any of the pre-planned foods were unable to be acquired, staff will supplement an alternative.
- With reference to the number of children in attendance that day, a suitable quantity of food will be portioned and laid out on trays on the snack table.
- Staff should observe the snack time to ensure that every child gets the selection of the foods that they would like, and discourage the over indulgent selection of one type of food.
- There should always be water and cups available on the snack table throughout the session.
- When staff see children out of breath, perspiring or overheating, they must suggest to them to take a drink, if they don't freely rehydrate themselves.