



## **FOOD AND DRINK POLICY**

### **Introduction**

The Centre regards snack and meal times as an important part of the day. Eating represents a social time for children and adults and helps children learn about healthy eating.

### **Policy**

Children will have access to drinking water throughout the day as well as milk.

Stepping Stones will provide a mid-morning and afternoon snack during Playgroup, Preschool and Holiday Club sessions, and a afternoon snack at our Afterschool Club. We aim to promote healthy eating. This will be via a variety of health foods, such as cheese, fruit, vegetables, bread and biscuits, and healthy cereals at our Breakfast Club.

We do not provide lunch and this must be provided by the parent in the means of a lunch box. We advise parents to use a cool box with cool bars, if possible, to keep food safe. We do not refrigerate children's food. We recommend that lunchboxes contain healthy foods such as sandwiches, pitta bread, cheese, yoghurt, fruit and vegetables.

We do not permit sweets, or chocolate in the Centre, although chocolate biscuit bars such as Penguins or cereal bars are permitted.

Some children have life threatening allergies to nuts, therefore we request that NO NUT products are brought in. This includes peanut butter, and chocolate nut spreads such as Nutella. Please refer to our Managing Children with Allergies, Who are Sick or Infectious.

If we find out of date food in a child's lunch box we will dispose of it, and try to replace it with a similar or same item. We will only do this if the child has no notifiable food allergies. Parent will be informed of this at the end of the day.