# STRATTON PLAYGROUP

# 6 Safe Food Policy

## Aims

In Line with the joint publication by Ofsted and the Food Standards Agency “Starting Early: Food & Nutrition Education of Young Children” (July 2004). We believe that at Stratton Playgroup:

* Healthy Eating should be promoted as an enjoyable activity as well as contributing to good health.
* Together, with parents, we should all develop children’s ability to make informed choices about the foods they eat.
* The eating habits of individuals and families should always be acknowledged and respected.

## Methods

To achieve these aims, all foods served within playgroup will be nutritionally balanced to provide a balanced diet and promote good health. All children will be offered a daily snack of water, milk and fruit. Foods containing salt, fat or sugar will be kept to a minimum and offered only on special occasions (i.e. birthdays, festivals etc). Each day, a list of snacks will be displayed on the board outside.

Playgroup will also provide learning opportunities on a regular basis to develop children’s awareness of healthy living.

In line with this policy, parents are asked to provide healthy food from the following food groups, for children attending Lunch Club.

* Fruit & vegetables,
* Bread or cereals,
* Meat, fish or alternatives,
* Milk or dairy foods.

**Choking Hazards**

We request that all grapes, cherry tomatoes, large blueberries, sausages, etc. are cut in half lengthways, as we have previously had incidences of children choking on grapes.

**No Nuts Policy**

At Stratton Playgroup, we ask that all parents / carers do not send in any nut products in their children’s lunch boxes.

Examples of items we do not want children to bring in are:

Packs of Nuts

Nutella Sandwiches

Peanut Butter Sandwiches

Fruit and Cereal Bars that contain Nuts

Chocolate Bars that contain Nuts

Sesame Seed Rolls (Children allergic to nuts may also have a severe reaction to sesame)

In general, on food products there is a box that contains allergy advice.

If this box says it “**does** contain nuts”, then please **do not** send these products into playgroup.

Many product labels say that it “**may** contain nuts” and this tends to be manufacturers being cautious, these products **may** be sent into playgroup.

We are only asking you not send in products that **definitely do** contain nuts.

**Food intolerances / Allergies**

# At Stratton Playgroup, we support/ provide alternatives for children with intolerances/ allergies, such as gluten free / lactose free, soya / oat milk, as necessary. We display all allergies / intolerances, etc. on a sheet in the office & medicine cupboard, but also on the child’s snack name cards.

This policy was adopted at an open committee meeting of Stratton Playgroup

Held on **19/07/2023**

Signed on behalf of the committee