



Busy Bee's Playgroup

Snack Policy

AIMS

- To provide a balanced, nutritious and varied menu.
- To encourage the children to widen their range of tastes for a variety of foods and healthy lifestyles
- To help the children learn about food and its sources.
- To develop fine motor skills.
- To promote good habits of hygiene/hand-washing.
- To develop independence and a sense of responsibility.
- An opportunity for social interaction.

Busy Bee's Playgroup follow the Nutritional Guidelines for Early Years

Planning for snack

Through careful planning, the staff will provide a balance of provision incorporating baking on a regular basis.

Parents will be asked on induction to inform staff if there are any special requirements.

Specific dietary requirements for health or cultural reasons will be adhered to.

Special occasions i.e. birthdays please speak to a staff member about this as we cannot accept any home baking for the playgroup.

There will be a group snack for special occasions/activities.

Children/parents/carers will have an input into the choice of foods provided through mind-mapping opportunities.

Only milk or water will be served.

Routine

The playgroup will have their snack mid-morning/mid-afternoon when possible.

Children will be encouraged to help prepare snack and to tidy up afterwards.

The staff will have a 'rolling snack' method in most sessions.

Children will be encouraged to develop their independence through snack.

Health and safety

Food will be stored in accordance with food hygiene guidelines.

Stock rotation will ensure that all foodstuffs are used within the 'use by' or 'best before' date.

Fresh fruit and vegetables will be washed and wiped before consumption.

At least one member of staff will hold a Basic Food Hygiene Certificate.

Fridge temperature will be checked every session and documented.

The fridge will be cleaned at the end of every week.

All surfaces will be wiped down with an anti bacterial agent.