



## Hilldrop Area Community Association - Play Project Healthy and Diverse Eating Policy

**July 2021**

Policy No. 18	This policy was adopted by HACA in June 2018 and will be reviewed at least every 2 years.	<b>Date of Review:</b> July 2021
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Hilldrop Play Project is committed to providing healthy, nutritious and tasty snacks and drinks for the children attending our sessions. We endeavour to ensure that snacks and drinks are safely prepared and in consideration of the dietary, religious and cultural requirements of all the children.

- Staff will apply the provisions of the **Health and Safety policy** when preparing food and drink.
- Staff hold Food Safety certificates and are trained in food storage, preparation, cooking and food safety.
- Parents/carers are required to complete the registration form, notifying us about any special dietary requirements or allergies the child suffers from.
- We will never force a child to eat or drink something against their will.
- Withholding or granting of food and drink will never be used as either a punishment or reward.
- Play Project staff will endeavour to promote healthy eating and will lead by example.
- Staff will discuss with children the importance of a balanced diet where appropriate
- Fresh drinking water will be available at all times
- The Play Project will ensure that snack time incorporates plenty of fruit, low fat and low sugar food
- The Play Project will provide a variety of healthy drinks
- Good quality brown and white bread will be offered
- The Play Project will not regularly provide sweets for children
- Excessive amounts of fatty or sugary foods will be avoided
- We commit to meeting dietary requirements, covering medical, cultural and religious needs

### No Nuts Policy

Although we cannot guarantee a nut free premises, we will make every effort to purchase nut free products for the children. We will also inform staff, parents, volunteers, trustees and other users who might bring food into the premises, that Hilldrop Community Centre is nut-free zone.

### **Food Allergy Accommodation**

We accept that we need to take special care of children with life threatening allergies. Parents of these children are required to provide documentation regarding the allergy and required medication to include an allergy Action Plan Form. See the Administering Medication Policy (14) for further information