



Food and Drink Policy

Summary for Parents

including

Information about Lunch Club

At Hopscotch Playgroup we have a number of policies including a food hygiene and food and drink policy. We promote healthy eating and endeavour to provide a balanced range of snacks each week.

The snack bar is open for around half an hour in the middle of the 3 hour session. Our typical snack 'menu' includes:

- Fruit and vegetables - a variety, in a fruit bowl and presented to the children to choose from
- Toast - wholemeal bread toasted and spread with sunflower margarine
- Cheese and crackers
- Breadsticks and raisins
- Breakfast cereal - a choice of either 'Weetabix' or 'Rice Krispies'
- Pitta bread with a hummus dip

We have either milk or water to drink. The milk is provided through the free milk for under 5's scheme and is semi-skimmed.

Please note not all the above options are available every day!

Lunch Club

We run a lunch club each day for children over the age of 3. We eat lunch between 12 noon and 12.30pm. Parents provide a packed lunch for their child and the supervision can be included in the funded entitlement.

Unfortunately we cannot refrigerate packed lunches. The guidance from the Food Standards Agency is that unrefrigerated food should be consumed within 4 hours of preparation. We eat our lunch at 12 noon and ask that you bear this guidance in mind when choosing and preparing food to go in the lunch box. Individual ice packs are available and you could consider including one of these.

We offer water to drink at lunchtimes although you are free to send an alternative drink for your child if you wish.

Staff sit and eat with the children at lunchtimes. This is a fun, social time which children and staff enjoy. We encourage independence although staff are on hand to help with those tricky wrappings, tubs and pots!

We do occasionally bake or have special snacks so it is very important that we are aware of any food allergies or dietary preferences. It is also helpful if we know about your child's food preferences and if there are any concerns about your child's eating habits.

We would welcome any ideas you have for other snack choices we could offer. We would like to widen the variety of food we offer.

Please feel free to chat with staff about any ideas, questions or concerns you have.