



Food & Drink

PopSOC is dedicated to promoting a healthy lifestyle and seeks to represent and accommodate healthy lifestyle options by providing children with healthy food at snack-times. The Manager and staff work carefully to ensure that the food served is prepared in a safe and hygienic environment and that every child's individual dietary, religious or cultural requirements are met.

Aims

PopSOC aims to provide the following:-

- ∨ Nutritious food at snack-time to promote a well-balanced diet and lifestyle
- ∨ Hygienic preparation of all food on the premises
- ∨ All children's individual dietary, religious or cultural requirement accommodated.

Nutritious Snacks

PopSOC recognises the importance of healthy eating and a balanced and nutritious diet. Because of this, PopSOC will endeavour to make a variety of foods available to the children including toast, fruit, vegetables, yoghurt, pasta, etc. The Playworkers will frequently invite the children to make suggestions regarding the foods on offer to them. The Playworkers will also endeavour to offer a choice at all times by preparing several different fruits and vegetables each session. These will, where possible, be seasonally selected. Children with special dietary needs will be informed about the choices available and, wherever possible, these will be similar if not the same as the other food available.

The club will not regularly provide sweets for children and will avoid excessive amounts of fatty or sugary foods. The club will provide a choice of sugar-free drinks and will make sure that fresh drinking water is available at all times.

Hygienic Food Preparation

PopSOC is dedicated to the highest possible qualification of its staff members. Therefore, wherever possible, PopSOC will seek to provide its staff members with basic Food Hygiene training.

In the preparation of all snacks, food or baking activities the playworkers will adhere strictly to the provisions of the club's Hygiene Policy.

The Playworkers will be careful to safeguard the well-being of both themselves and the children when using sharp or dangerous equipment in the kitchen.

The children are not allowed to enter the kitchen unsupervised but may participate in baking activities in or outside the kitchen providing the staff with them ensure strict adherence to the club's Hygiene Policy.

The Manager and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990.

Allergies, Preferences, Religious Or Cultural Dietary Requirements

As part of a child's settling-in period, the club requires that the parents and carers complete the Registration form, including information about any special dietary requirements or allergies the child suffers from. The Manager and staff will ensure that food and drink offered to children takes account of this information so as to safeguard their health.

Policy written January 2009

Policy agreed