



FOOD AND DRINK POLICY

In accordance with Standard 12 NMS (2016): Food and Drink – Children are provided with regular drinks and food in adequate quantities for their needs.

Happitots and Tinytots comply with the recommendations in the Welsh Government Food and Health Guidelines for Early Years and Childcare Settings (2009). This ensures that all food is safely prepared, is nutritionally balanced and of good quality.

The benefits of a healthy diet are promoted during snack times and through a wide variety of practical activities, including cooking. Snacks offered each session will promote healthy eating and will include wholemeal bread and fruit.

Children will have fresh pasteurised milk to drink unless parents/carers specifically request an alternative. Fresh drinking water is available at all times. A notice will be kept above the food preparation area detailing any dietary requirements for individual children, respecting personal, medical and religious reasons.

Children will be encouraged to try new foods including those originally from other countries or cultures. This may form part of a theme or special event.

Children will sit at child sized tables and chairs to eat with adults to supervise and to promote social skills.

Good health, safety and hygiene practices will be observed when storing, preparing or eating food as well as when using food in an activity such as cooking. All Environmental Health regulations are complied with.

Please refer also to The Child Minding and Day Care (Wales) Regulations 2010 (Regulation 21) and Wales Pre-School Providers Association Policies and Procedures.

Signed: Wendi Terry (Responsible Individual)

Date: November 2023

Review date: November 2024