

Healthy Eating

We believe that our food provision is a learning opportunity for all children on our care, and that children can be actively involved whenever they start Playgroup, in planning, preparation and sharing food within the context of our community. Our healthy food provision will reflect and celebrate the diversity within our community .

We aim for food planning to be responsive to all children's needs to ensure inclusion and equity. Food preparation includes learning opportunities for children to use real tools and techniques to assist in snack, for food safety and hygiene, as well as baking and cooking from scratch.

Eating together at gatherings round the table are social opportunities to connect, where adults and children can interact to help children building social skills. We aim to nurture children's enjoyment of handling food, confidence in making choices and knowledge about of nutrition to keep our bodies healthy. We aim to enable children in their knowledge building practical skills and personal development and knowledge for long-term positive outcomes.

Staff and parents work together to provide fresh, vegetarian and nutritionally balanced snack for in daily sessions all children. Staff will tailor snack to meet each set of individual special dietary requirements, ensuring inclusion in all aspects of food and self-service provision. Staff lead menu planning on termly rotation in consultation with children and to link to seasons. Staff oversee preparation of food and supervise snack each day, as well being the first point of contact for families on special dietary needs.

Snack menus are prepared weekly and include responsive planning for children's choices and needs. Our food provision is informed by and complies with the following national guidance to ensure our provision is consistent in quality for all: Health and Social Care Standards (2019) https://www.careinspectorate.com/images/Health_and_Social_Care_Standards.pdf; Settling the Table (2024) including the 'Eatwell Plate' guide, <https://hub.careinspectorate.com/media/6013/setting-the-table.pdf>; and Food Matters (2018) <https://hub.careinspectorate.com/media/3241/food-matters-nurturing-happy-healthy-children.pdf>

All Practitioners are trained in Food Hygiene Level 2, and in allergy management, and share good practice to develop knowledge-informed practice and skills.

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**Holy Corner
Community Playgroup**