Clybiau Llywodraethwyr a Chylch Chwarae
Gresffordd Gresford
Governors' Clubs and Playgroup

Food, Drinks & Healthy Eating Policy

Equality Act Impact Assessment	YES	NO	Ionawr 2025
Last Review Date	May 2026		
Date to be reviewed	May 2027		
Date Adopted by Management Committee	10.06.2026		
Responsible Individual - Mr Richard Hatwood			
Chair of Management Committee – Mrs Jan MacDonald			

1. Introduction

- We have a Food Hygiene Rating of 5 and are due for review in May 2026
- The persons in this provision with overall responsibility for nutrition is Kate Dickinson, Toni Parkinson & Tracy Berry.

It is the policy of GGCP to promote social skills and a healthy lifestyle when providing food or food-related activities to children.

https://gov.wales/sites/default/files/consultations/2018-06/food-nutrition-volume-1.pdf

https://gov.wales/sites/default/files/publications/2018-11/nutrition-guidance-section-6.pdf

https://gov.wales/sites/default/files/publications/2019-03/190312-nutrition-guidance-section-4.pdf

https://gov.wales/sites/default/files/publications/2018-12/nutrition-guidance-section-7.pdf

2. We do this by:

- Registering our premises with the local authority according to the Food Premises (Registration) Regulations Act 1991, Food Safety Act 1990, The Food Hygiene ratings (Wales) Regulations 2013, The Food Hygiene (Wales) (Amendment) Regulations 2016 and Food Hygiene Amendment (Regulations 1990)
- Seeking advice from the Food Standards Agency where needed.
- Taking account of and learning from Food and Nutrition for childcare provisions https://www.gov.wales/food-and-nutrition-childcare-settings-full-guidance
- Noting information about their child and family needs provided by parents at admission and agreeing an allergy plan as needed. Parents of children on special diets will be asked to provide as much information about suitable foods and drinks. In some cases, they may be asked to provide the food themselves. Up to date records will be kept, detailing specific children's dietary needs.
- Having an Allergen Analysis available on the current menu. Please ask the staff for more information. https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses
- Involving parents and children in the ongoing development and review of this policy.
- Developing a varied menu on a three-week rota and displaying them in advance.
- Encouraging parents to make menu suggestions and sharing our recipes with parents on request.
- Ensuring that any food-based activities and play are carried out so that children are introduced to the concept of nutrition and physical activity linked with health. *These activities are reported upon within our newsletter.*
- Ensuring children will have opportunities to be involved with activities and experiences where they make decisions about healthy food choices and trying new foods such as role play, tasting, feely games.
- Ensuring that we use an inclusive approach to meeting children's dietary/cultural (https://www.publichealth.hscni.net/sites/default/files/FaithsPosterA2.pdf) /health and age and stage needs when providing food and food-related activities.
- Encouraging children to play outside daily, to ensure they are exposed to daylight which helps their bodies make essential Vitamin D.
- Keeping signed up to Welsh Government Breastfeeding Welcome Scheme. Mothers will be supported to continue breastfeeding their children, with a quiet area provided to breastfeed or express milk in privacy. Breast milk will be stored in the fridge clearly labelled with the child's name and date, at a temperature below 4 degrees. Any unused breast milk will be returned to the parent at the end of the day, however unfinished breast or formula milk will be discarded after an hour. Parents will be advised if a lot of milk is left at feeds.
- Making up infant formula in accordance with Welsh Government guidelines; babies will never be left propped up with a bottle of feed.
- Serving full fat milk as a drink for those aged between 1 and 2 years and semi skimmed milk will be provided for children over 2 years, providing the child is eating a varied diet.
- Working in partnership with parents to support weaning. Salt and sugar are not added to weaning foods.
- Offering all drinks in a lidless or free flowing cup from 1 year of age.
- Making water jugs available on tables at all times, with milk available with meals and snacks.
- Ensuring staff receive training about healthy eating and food safety which is updated within regulatory requirements.
- Offering nutritious foods at snack and mealtimes that meet the children's individual dietary needs. https://www.gov.wales/food-and-nutrition-childcare-providers/snack-recipes

- Providing fresh drinking water throughout the day.
- Avoiding foods that contain high proportions of fat, sugar or salt and the use of foods containing additives, preservatives and colourings are minimised.
- Keeping parents informed about what their child eats; their likes and dislikes as new tastes are developed.
- Encouraging children to try a range of food experiences and activities that broaden their taste and understanding of their own and other cultures, in addition to valuing and respecting other traditions.
- Ensuring that food that is part of a celebratory event is discussed in advance and continues to meet this policy and procedure.
- Never using food as a form of punishment or reward.
- Giving children the time, they need to eat and drink and will be allowed to have dessert if they do not eat their main course.
- Encouraging children to set the table and prepare foods such as practicing pouring, spreading and chopping skills.
- Offering breakfast to children who do not receive breakfast at home when they arrive, if this is previously agreed with parents.
- Ensuring adults sit with children at mealtimes and model and encourage social skills and behaviour.
- Using appropriate furniture, crockery and cutlery and serving food in ways that develop and encourage social skills.
- Ensuring all children have their hands washed (with liquid soap and running water) before and after snack time, and all staff wash their hands before preparing food and helping children to eat.
- Cleaning tables with a sanitiser spray before and after snacks.
- Checking and recording fridge temperatures daily.
- Ensuring that any food waste is disposed of in ways that care for our environment.