



SYTHWOOD CHILDREN'S CENTRE

Food & Drink Policy

Hygiene

Centre staff who prepare fruit/ vegetables for snack time will ensure that:

- Gloves are worn at all times during food preparation
- Surfaces are cleaned with anti-bacterial spray.
- Ensure hygienic food handling practices are followed by the correct use of appropriate equipment and facilities as provided by the centre.

Drinks & Snacks

- Drinking water will be available at the children's centre for children and adults. Appropriate drinking cups/beakers will be provided.
- A healthy snack of fruit, bread sticks, rice cakes or raisins will normally be provided. Any allergies should be made aware of to the centre staff when using the centre's services.
- Hot drinks will be served at the end of Play & learn sessions around the time that children are having their snack.
- Centre staff will prepare the drink and snacks and let centre users know when it is available. It is the parent/carers responsibly to ensure that children are supervised during snack time.
- To encourage independence where possible children should be encourage to serve themselves with snacks and make their own choices.
- We would ask that all parents/carers respect this policy and do not provide their own drinks or snacks.
- If you need to provide formula milk for your infants this can be heated in the centre's bottle warmers. This is done at your own risk.
- Should you want to breast feed please let a member of staff know and we will provide you with a quite/comfortable place to do this wherever possible.
- This policy was adopted in October 2009 and developed by the Children's Centre staff and advisory board.
- All Children's Centre policies form part of staff induction and training. All stakeholders, parents and carers can have access to these policies by asking the Children's Centre Administrator for the Policies File.

Any questions or concerns regarding this policy should be made to the Centre Manager – Kathryn Blackburn, 01483 727900