



Lunch Club Food Handling and Medicine Policy



**CULMSTOCK
PRE-SCHOOL
PLAYGROUP**

Culmstock Preschool Playgroup provides a safe clean provision for 10 children to eat their lunch.

All food provided by parents will be stored in a parent provided cool bag. All bags will be individually named with the child's full name by the parent. Staff will follow good hygiene practice while giving the child their lunch box and helping the children with their meal.

The pre-school can not store food in a fridge or heat food for children to consume so parents need to ensure that the lunch provided contains no food that needs to be chilled or heated.

Children will be given an individual plate and cup to use in the lunch club to encourage 'family feel' to the meal with their peers.

Staff will eat their lunch with the children, while supervising, to set an example to the children. The staff will act as good role models for healthy eating and behaviour that is acceptable while eating around a table with friends. Staff will help the children with their lunch where necessary. Staff will encourage children to eat savoury food before a pudding. Any food that the child does not eat will be wrapped up and put into the child's bag and sent home again so that the parent will always know if the child finished their meal that day.

The pre-school provide water to drink through out the day. Water or milk is offered in the lunch hour.

The preschool encourage parents to follow our healthy eating policy which encourages parents not to include chocolate, sweets and crisps or fizzy drinks in a child's lunch box. The exclusion of these products encourages parents to provide healthy lunches and reduces peer pressure in the group to have sweet products for lunch.

All the staff are aware of special dietary requirements of children and encourage children not to swap food in case of allergy at lunch club. Staff are made aware of religious dietary requirements. Any special dietary requirements for the children are documented for all the staff to be made aware of. This is kept in the kitchen for all staff access promptly.

All staff will have up to date food and hygiene certificates, which will be updated every three years.

We have an 'administering medicine' policy (please see) which will be followed by all staff. The staff are made aware that children may need medication with, or after, or before food and this should be address each day before lunch begins. Information will be displayed clearly in the kitchen for all staff to see/consult before lunch takes place. Staff must also be aware of when children need medication through-out the day.