***HEALTHY EATING***

We pay particular attention to the snacks served at Farington playgroup, because the health and well being of your child is very important to us. We promote healthy eating at Farington Playgroup. Special dietary needs must be brought to our attention immediately.

Any allergies we need to be informed about as soon as possible.

All staff are kept up to date with allergies and dietary requirements.

Children’s information regarding allergies and dietary requirements are displayed on the side of the fridge and in the register.

We now operate a rolling snack time were we offer various fruits, vegetables, crackers, cheese, breadsticks and milk or water at each session, unless you request otherwise. Drinking water is available at all times.

All staff involved in preparing and handling food receives training in food hygiene.

**Lunch time/ Dinners**

School dinners are available to all playgroup children on a daily basis at the cost of £2.00 a day. Please see sample menu available on the table in the corridor.

If your child is bringing a pack lunch, please make sure it is in a clearly named box/bag. Food will not be refrigerated but will be stored in a cool place. No glass bottles or food to be reheated. We recommend at least one piece of fruit and no sweets. \*Government guidelines recommend an insulated lunch box/bag\*