

Further Training

If you, your church or deanery would like to receive further training on any aspect of working with children please contact Yvonne Morris, (details overleaf) for information on our 123 training .

1—for those brand new to working with children. This stream offers the very basics to build your knowledge, understanding and confidence in the principles and practices of working with children.

2— for those who've been doing it for a while and need some refreshment, a little challenge and further understanding in various aspects of ministry with children.

3— coming soon! A strand for those who want to take studying to a greater depth.



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Resources for
Children's Ministry

Food and Drink



Practical guidance and ideas when
supplying food and drink within
children's groups or clubs.

Food and Drink

Food and drink are an extremely important aspect of ministry with children. Whether sitting down together to share a snack and drink, or doing cooking together or providing a tuck shop or giving a prize, there are

lots of opportunities to share food and drink, but there are some important things to remember too.

This sheet contains tips and information about sharing food and drink together with children.



Drinks

In any setting always have access to drinking water and encourage children to drink lots (especially if they're playing run around games, it's hot or they've come straight from school).

Provide water or juice as a norm not squash or fizzy.

Get permission from parents to give children fizzy drinks or squash and know if parents do not allow their children to have these.

Use plastic cups and plastic jugs and replace these at regular intervals. (IKEA are a great source for these)

Adults should pour drinks or have cups ready for the children to pick up.

Allergies

Know the children! Have details via a registration form of any food allergies individual children have and provide a suitable alternative recommended by the parent.

Know how serious any allergies are and what to do in an emergency.

Tuck Shop

In some club settings it may be appropriate to have a tuck shop available but hold these things in mind.

- Have plenty of penny sweets and low cost items (2, 5 & 10p) rather than big bars of chocolate.
- Limit spending—for example no more than 50p per child.
- Offer fruit alongside sweets.
- Remember children are very aware of 'Fair-trade' issues so if possible have fairly traded goods too, for example, 'Tradecraft Fair Break Bars'.

Cooking

Children love cooking and as an activity can provide good opportunities for teaching and relationship building and not least enjoyment of the finished product.

To ensure enjoyment for all the following basic rules should be applied to those undertaking the activity;

BEFORE COMMENCING THE ACTIVITY

1. All participants (including the leader) must wash their hands with warm water and anti-bacterial hand-wash.
2. Provide aprons or protective clothing (this is for food protection as much as clothing protection!)
3. Cover cuts or sores with coloured waterproof plasters.
4. Do not allow anyone to participate who has had or been in contact with someone who has had sickness or diarrhea within the previous 48 hours.



Keep cooking simple! Biscuit and cake recipes are often quick and easy and enjoyable.

- Be aware of safety if use of an oven or hob is required.
- Limit the numbers to a small group (be appropriate for the size of kitchen, however 3 children allows

good participation and sharing of tasks).

- Don't allow others to loiter in the kitchen.



Crèche

If supplying snacks to toddlers and babies in a crèche you must get parental permission. Some parents are very particular about the type and amount of snacks their little ones can have so always ask before offering to the child.

- Only offer small breadsticks and plain rice cakes NOT biscuits or cakes
- Never offer squash or fizzy drinks and check with the parent if the child can have juice.
- If a child requires a 'lidded' cup always ask the parent to supply their own. It is often difficult to keep the spouts and inner workings of 'non-drip' cups properly clean, so to avoid the problem self-supply works (and most parents are well-used to providing their own drinks in other contexts).

Food Hygiene

Don't forget that food hygiene principles apply to games and other activities as much as cooking in the kitchen.

Whoever is organizing cooking or preparing snacks or other food must be aware of the basic principles that apply to the safe handling and preparation of food and it is strongly recommended that children's leaders undertake the CIEH (Chartered Institute for Environmental Health) Level 2 award in Food Safety for Caterers (formerly the Basic Food Hygiene Award).

Details of these courses can be found through local councils. It is usually a one day course with a multiple-choice test at the end.