



FOOD & DRINK POLICY

Policy Statement

We regard snack and meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies. (See the **Managing Children who are Sick, Infectious or with Allergies Policy**.)
- We record information about each child's dietary needs in the Registration Form and parents sign the form to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs – including any allergies - are up-to-date. Parents will sign the up-dated record to signify that it is correct as appropriate.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them in the rooms, kitchen area and office.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.
- We plan and implement a 4-week rota which provides the children with a balanced and varied menu.
- We display the menus of meals/snacks for parents to view on the parent's notice board and are happy to discuss the seasonal menu with any parent as required.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the four main food groups:
 - meat, fish and protein alternatives;
 - dairy foods;
 - grains, cereals and starch vegetables; and
 - fruit and vegetables.



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- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts. (See the **Nut Policy**).
- Through discussion with parents, we obtain information about the dietary rules of the religious groups to which children and their parents belong and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
- We will always provide a vegetarian or suitable alternative on days when meat or fish are offered.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through; making choices, serving food and drink and through feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day. Water is automatically provided to children during meal times.
- Children who take longer to eat their meals will be given time and not rushed.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For young children who drink milk, we provide whole pasteurised milk. Although we slowly introduce semi-skimmed milk from the age of two years.
- Staff will record throughout the day and then parents/carers are informed at the end of each day about what their child has eaten, how much and what their preferences may have been so immediate feedback can be given.



FOOD HYGIENE POLICY

Policy Statement

We provide and serve food for children on the following basis:

- Snacks
- Breakfast
- Lunch
- Tea
- Food Tasting
- Cooking activities

We maintain the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food.

We are registered as a food provider with the local authority Environmental Health Department; our current rating can be located on the front door of the nursery. We have a qualified caterer who provides lunch and tea and up to date certificates of their qualifications and environmental health inspection are available on request.

Procedures

- The Manager has overall responsibility of food storage, preparation and serving of food to prevent growth of bacteria and food contamination.
- Only staff that have had food safety training should prepare and serve food.
- Nursery cook is employed 4 days a week TTO
- We use reliable suppliers for the food we purchase.
- Food is stored at correct temperatures +1°C to 5°C. A fridge thermometer is used to ensure the fridge is at the correct temperature and readings are recorded daily.
- The Food Safety regulations 1995 states that food must be kept either cold below 8°C or hot above 75°C.
- Hot food should be probed before serving and recorded daily.
- Staff are to ensure the food probe is cleaned after every use.
- All food must be checked to ensure it is in-date before use. Food will not be served to children if it is past its 'used by' date or past its 'best before date'.
- All food must be checked that it has not been subject to contamination by either pests, rodents or mould.
- Food preparation areas are cleaned before use as well as after use and a chopping board is used on the work surfaces when chopping is required.
- All surfaces are clean and non-porous.
- There are separate facilities for hand-washing and for washing up.
- All utensils, crockery etc. are clean and stored appropriately.
- Any fruit used for snacks or as desserts should be washed before use.



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- Staff should wash their hands before serving or preparing food/snacks and where possible to be done with the children as positive role models.
- Staff should have hair tied back when preparing or handling food.
- When handling food any cuts or exposed wounds should be covered up with water proof plasters (blue).
- Staff responsible for dishing up meals should wear a clean, protective and disposable blue aprons that are available in the kitchen.
- Meals should be served on tables covered with a clean plastic table cloth which is kept for meal times and cooking activities.
- Waste food is disposed of daily.
- Cleaning materials and other dangerous materials are stored out of children's reach.
- Children do not have access to the kitchen.
- When children take part in cooking activities or food tasting, they:
 - Are supervised at all times;
 - Food 'best before date' and 'used by' dates are checked prior to activity taking place.
 - Staff will check for any food allergies prior to activity taking place.
 - All surfaces are cleaned and a clean plastic table cloth is used.
 - The activity will take place in the rooms.
 - Understand the importance of hand washing and simple hygiene rules;
 - Are kept away from hot surfaces and hot water; and
 - Do not have unsupervised access to electrical equipment, such as blenders etc.

Reporting of food poisoning

- Food poisoning can occur for a number of reasons; not all cases of sickness or diarrhoea are as a result of food poisoning and not all cases of sickness or diarrhoea are reportable.
- Where children and/or adults have been diagnosed by a GP or hospital doctor to be suffering from food poisoning and where it seems possible that the source of the outbreak is within the setting, the manager will contact the Environmental Health Department to report the outbreak and will comply with any investigation.
- Any confirmed cases of food poisoning affecting two or more children looked after on the premises are notified to Ofsted as soon as reasonably practicable, and always within 14 days of the incident.