

Food and Drink Policy

Statement of Intent

We regard snack and mealtimes as an important part of our day, snack and mealtimes are a social time for children and adults and they provide opportunities for children to learn about healthy eating. We comply with food safety and hygiene regulations when storing and preparing food.

Aim

We aim to provide a balanced, healthy, nutritious and sustaining daily diet for the children, which meets each child's individual needs and requirements. We aim to meet the requirements of the Statutory Framework for the Early Years Foundation Stage at all times.

Method

We follow the procedures below to promote healthy eating and ensure children's individual dietary needs and requirements are met.

- The nursery registration form gives parents and carers a chance to share any dietary requirements and allergies that the child may have before they start, these will be discussed on induction with the key person.
- Parents/carers are responsible for keeping the nursery informed about any food allergies or dietary requirements the child may have. We regularly consult with parents to ensure our records are up to date.
- Details of children's individual dietary needs and allergies are clearly displayed in each room so that all staff and students are fully informed of them and children only receive food and drink that is consistent with their dietary needs as well as their parents wishes.
- Room leaders are responsible for keeping allergy and dietary requirement boards up to date and informing staff in their team of individual children's needs. Room leaders should show new staff the allergy and dietary requirements board on their first day and make sure they are aware of the children on this board.
- In order to protect children with food allergies and dietary requirements, we discourage children from sharing and swapping food with each other.
- Through discussion with parents and research from staff, we obtain information about the dietary rules of religious groups to which children and their parents belong, and of vegetarians, vegans and food allergies. We take account of this information in the provision of food and drinks.
- We do not supply any food for children under 12 months old.
- Menus are planned well in advance and clearly displayed and parents can request a copy of the menu at any time. We involve parents and children when planning menus.
- We display the daily menu in the nursery hallways, and an alternative is always provided for children who have dietary requirements and allergies. We aim to make the alternative menu as similar as possible so children do not feel they are being treated differently.
- All children will be supplied with water and crockery at lunchtime. Children will be encouraged to eat and sample foods but will not be forced. If a child

will not eat the meal provided the next course will be offered and staff will inform parents/carers when they collect. Fresh fruit and healthy snacks will be available if the child is hungry later on in the day.

- We organise meal and snack times so that they are social occasions in which children and adults participate.
- We use meal and snack times to help children develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are suitable to their age and stage of development and that take account of eating practices in their culture.
- For children who drink milk we provide whole pasteurised milk.
- Fresh drinking water is available at all times, we inform children of how they can obtain the water at any time.
- Children are encouraged to drink milk or water at snack times, no other drinks will be provided by the nursery.
- 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 his/her diet or allergy.
- Due to the serious effect that nuts can have on children that have an allergy to them, we will not provide any food that contains nuts to any child, parents supplying food for their children will not be allowed to bring in any items of food containing nuts for example peanut butter sandwiches. We are especially vigilant about providing food that may contain nut products where we have a child who has a known nut allergy.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- All children are encouraged to wash their hands before sitting down to meal or snack times.
- Children coming into the nursery for lunch can be dropped off at 12.25 at the earliest.
- We provide nutritious food at all meal and snack times, avoiding large quantities of saturated fat, sugar, salt, artificial additives, preservatives and colourings.
- The key person records messages about mealtimes for their key children in the message book and these should be shared with parents and carers on collection.
- We ask parents and carers not to let their child bring sweets or chocolate into nursery.
- We include a variety of foods from the four main food groups:
 - meat, fish and protein alternatives
 - dairy foods
 - grains, cereals and starchy vegetables
 - fruit and vegetables

Breakfast

The nursery does not supply breakfast and we expect that children will normally have eaten before arrival, but if your child has not eaten or is hungry, you may bring prepared food for him or her to have. Staff will be unable to leave the room to prepare or heat food during the morning session. Due to daily activities starting at 8.30am breakfast brought in from home will not be given to a child after this time.

Packed lunch

If any parent wishes to provide their own food they can do so. A packed lunch should consist of a variety of healthy foods suitable to provide a balanced diet, we have a

fridge available to store packed lunches if required. We are unable to heat or prepare any food brought from home with the exception of children under 12 months.

Storage and preparation of food and drinks

- All staff who prepare and handle food receive appropriate Food Hygiene training and understand and comply with food safety and hygiene regulations, we follow the requirements set out in the 'Safer Food Better Business' pack which can be found in the kitchen.
- All food and drink is stored appropriately.
- No hot drinks are allowed around the children at any time.
- Children do not have unsupervised access to the kitchen.
- The nursery cook always has an in date Food Hygiene Certificate.
- At least one member of staff other than from the cook has an in date Food Hygiene Certificate and will share information from the training with other members of staff.
- All staff follow the guidelines of 'Safer Food Better Business'.
- The person in charge and the person responsible for food preparation understands the principles of Hazard Analysis and Critical Control Point as set out in the 'Safer Food Better Business' guidelines. The basis for this is risk assessment as it applies to the purchase, storage, preparation and serving of food to prevent growth of bacteria and food contamination.

- The person responsible for food preparation and serving carries out daily opening and closing checks on the kitchen to ensure standards are met consistently, these checks can be found in the 'Safer Food Better Business' pack in the kitchen.
- All surfaces are clean and non-porous.
- There are separate facilities for hand-washing and for washing up.

We will notify Ofsted of any food poisoning affecting two or more children looked after on the premises. Notification will be made as soon as is reasonably practicable, this will always be **within 14 days of the incident occurring**.

Other related documents: **Food Policy for Babies (Pg 49)**
Food Safety Policy (Pg 53)
Nursery Menus
Registration Form
Key Person, Child and Parent Induction

All policies are subject to regular review
This policy was reviewed: February 2013