



Food and Drink Policy

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. We have a weekly vegetable box scheme with our local farm shop and offer children milk or water to drink. On our registration form and during the settling in process, we obtain information from parents and carers on any special dietary requirements, allergies, intolerances and preferences. If a child has any special requirements, their snack name card will have this information printed on it as well as the information being recorded and displayed on a wall in the kitchen.

We also bake and cook a variety of food with the children as part of their learning and development. At lunch time, children have a packed lunch that their parents/carers have provided. We maintain good 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 and have a rating of 5.

EYFS key themes and commitments:

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and Wellbeing	2.1 Respecting Each Other 2.2 Parents as Partners 2.4 Key Person	3.2 Supporting Every Child 3.4 The Wider Context	4.4 Personal, Social and Emotional Development

Procedures:

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

- We display current information about individual children's dietary needs in the kitchen and on the children's snack cards, so that all staff and volunteers are fully informed about them.
- We have information freely available for parents of all 14 allergens in foods that we use regularly and if we give the children foods not on that list we inform the parents via our whiteboard where we share information to parents (in accordance with EU Food Information Regulations).
- 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 provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- Our main source of food is fruit, vegetables, bread and crackers.
- We bake with the children – cakes, biscuits, bread etc, to eat at snack time.
- We include foods from different cultures, providing children with familiar foods and introducing new ones.
- We are vigilant where we have a child who has a known allergy to nuts and if severe we implement a nut free zone.
- We take into account dietary rules of religious groups to which children and their parents belong, of vegetarians, vegans, food allergies/intolerances and provide accordingly.
- All staff 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 use meal and snack times to help children to develop independence through making choices, serving food and drink and 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.
- Parents are requested to provide filled water bottles on a daily basis for their child. They have free access to their bottles and staff encourage the children to drink. We provide water or milk for a child if they do not have their own bottle.
- For children who drink milk, we provide full fat pasteurised cow's milk.

Packed lunches:

Children who have lunch with us bring their own packed lunch. In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another. We inform parents of our policy on healthy eating and signpost them to *Change4life* to help them make healthy choices. (We reserve the right to speak to the parents about the unsuitability of these food types.) We provide children, bringing packed lunches, with plates, cups and cutlery; if required. We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

Food Hygiene:

- All staff are involved in the preparation and handling of food and have a sound knowledge of basic food hygiene. Staff have received Food hygiene training.
- The person responsible for food preparation carries out daily opening and closing checks on the kitchen to ensure standards are met consistently. A senior member of staff also checks the kitchen daily.
- We use reliable suppliers for the food we purchase.
- Food is stored at correct temperatures and is checked to ensure it is in-date and not subject to contamination by pests, rodents or mould. Fridge temperature is checked daily.
- Packed lunches are stored in a cool place and are eaten at midday so that un-refrigerated food is served to children within 4 hours of preparation at home.
- Food preparation areas are cleaned before use as well as after use.
- All surfaces are clean.
- All utensils are clean and stored appropriately.

- Waste food is disposed of daily.
- Cleaning materials and other dangerous materials are stored out of children's reach.
- Children do not have unsupervised access to the kitchen.
- When children take part in cooking activities, they:
 - re supervised at all times
 - understand the importance of hand washing and simple hygiene rules
 - are kept away from hot surfaces and hot water
 - do not have unsupervised access to electrical equipment such as blenders, toasters, etc.
- We have a written risk assessment for children in the kitchen.

Reporting of food poisoning:

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 our setting, the manager will contact the Environmental Health Department, The Health Protection Agency and Ofsted, to report the outbreak and will comply with any investigation.

Ofsted must be informed within 14 days of the reported incident.

Further guidance:

Safer Food Better Business (Food Standards Agency) 2015

www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/sfbbcaterers

This Policy was reviewed by:	Ellie Hanna
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