



Food and Drink

Policy statement

We regard snack and mealtimes as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. Parent/carers supply their child's snack & lunch. We encourage parents and children about healthy eating, but also to guide them on what sorts of food to give their children for snack and lunch.

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 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 sign the updated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all our staff and volunteers are fully informed about them.
- Our prospectus lets the parent/carer know what is not acceptable to put in their snack & lunch. We ask for fresh fruit or vegetables for snack. For children that do not eat those foods then we ask for parents to let us know so we can discuss an alternative. We also let t parents know we do not except sweets/chocolate bars/nuts (due to allergies) or any kind of fizzy drink or any kind of sweet.
- We oversee what types of food are in each child's snack & lunch.
- We show and talk to the children of what kind of foods are to be eaten first, then down to the treats. We start with things like sandwiches/wraps/past etc down to cake/biscuit/crisps to last. A visual guide is displayed each lunchtime.
- Through discussion with parents and research reading, 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 organise meal and snack times so that they are social occasions in which children and adults participate.

- We encourage discussions on foods, where they come from, healthy & non healthy/where they are grown/made/what is a vegetable & fruit/tastes/feels like/smells like etc.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves, pouring their drink, cutting their fruit/veg.
- We provide children with utensils that are appropriate for their ages (children knives)
- We have fresh drinking water available for the children. (during COVID-19 we are sticking to the children using their own drinks bottles) We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- We inform parents who provide food for their children about the storage facilities available in our setting. Snack is placed in the fridge.
- We ask parent/carers to label all foods and drinks.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- We offer semi-skimmed milk cartons & water at snack time.

Packed lunches

We do not provide cooked meals and so children are required to bring packed lunches, we will:

- ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool.
- inform parents of our policy on healthy eating.
- inform parents of whether we have facilities to microwave cooked food brought from home.
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk-based deserts, such as yoghurt or crème fraiche. We discourage sweet drinks due to the sugar contents, so we provide children with water.
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks, and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort.
- We ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.

Food Hygiene

Policy statement

We maintain the highest possible food hygiene standards with regard to the storing the children's milk and occasionally baking ingredients. (Through COVID-19) we are not baking with the children as to eliminate the spread of the virus.

We are registered as a food provider with the local authority Environmental Health Department.

Procedures

Our staff with responsibility for baking preparation understand the principles of Hazard Analysis and Critical Control Point (HACCP) as it applies to our setting. This is set out in Safer Food, (Food Standards Agency 2011). The basis for this is risk assessment of the storage of milk and sometimes baking ingredients.

- all our staff who may be involved in the preparation of baking have received training in food hygiene.
- Milk and baking ingredients are stored at correct temperatures and is checked to ensure it is in-date and not subject to contamination by pests, rodents, or mould.
- Packed lunches are served to children within 4 hours of preparation at home.
- Food areas are cleaned before and after use.
- There are separate facilities for handwashing and for washing-up.
- All surfaces are clean and non-porous.
- All utensils, crockery etc. 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:
 - are supervised at all times.
 - understand the importance of hand-washing and simple hygiene rules.
 - are kept away from hot surfaces and hot water.

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 our setting, [The manager will contact the Environmental Health Department to report the outbreak and will comply with any investigation.
- We notify Ofsted as soon as reasonably practicable of any confirmed cases of food poisoning affecting two or more children looked after on the premises, and always within 14 days of the incident.

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

Further guidance

- Safer Food, Better Business (Food Standards Agency 2011)
- Nutritional Guidance for the Under Fives (Pre-school Learning Alliance 2009)
- The Early Years Essential Cookbook (Pre-school Learning Alliance 2009)
- Healthy and Active Lifestyles for the Early Years (Pre-school Learning Alliance 2012)

I have read & understood the food, drink and hygiene policy adapted by Ullesthorpe Pre-School and understand that Safeguarding is the responsibility of all staff & committee members.

This policy was adopted by: Ullesthorpe Pre-school			
On	5 th May 2021	Date to be reviewed:	April 2022
Signed on behalf of the provider		Name of signatory	
Role of signatory (e.g., chair/director)			

Designation	Name	Signature	Date
Manager			
Deputy Manager			
Nursery Nurse			
Nursery Nurse			
Secretary			
Treasurer			
Member			
Member			
Member			