

FOOD AND DRINK POLICY

Policy Statement

Longwick Pre-school regards snack and lunch times as an important part of the setting's day.

Eating represents a social time for children and adults and helps children learn about healthy eating and also about self-care. We promote healthy eating using resources and materials throughout the preschool year.

At snack times we aim to provide nutritious food which also meets the children's individual dietary needs.

Cooking Activities

At pre-school we regularly organise cooking activities for the children.

Allergens

Changes to food labelling have now been in place since December 2014. This means that our setting now displays a poster of the 14 allergens that are on the regulatory list and listed beside each item are the foods that we provide at pre-school that may contain those allergens. This poster is displayed on the entrance door of the village hall. Children with allergies are detailed on a poster inside the snack cupboard door and on the main notice board.

All permanent staff have completed on-line allergy training and new staff will have completed this training as part of their induction process.

Food Hygiene

At least one member of staff will carry a Level 2 Food Hygiene certificate and all staff will receive in house Food Hygiene training. This will be discussed periodically at staff meetings.

Facilities for Hand Washing

There are separate facilities for hand washing and cleaning resources (such as paint pots). The basins provide hot and cold running water, antibacterial liquid soap, and for hand washing, disposable paper towels. There are separate tea towels provided for drying utensils, and these are changed daily.

Snack and Food Preparation Procedure

Longwick Pre-school has a kitchen area which is adequately equipped to provide snacks, drinks and cooking activities for children as necessary. However, the main preparation of snack and the washing up of plates afterwards is better placed in the bar kitchen as it enables staff to still remain 'present' in the main part of the setting rather than behind the kitchen door of the main kitchen.

- Food preparation areas include chopping boards, dishes, plates, bowls and containers, knives and utensils. All utensils, crockery etc are cleaned and stored appropriately. All surfaces are clean and nonporous. Children do not have unsupervised access to any food.

- Disposable kitchen towel is used to clean tables/surfaces. Clean cloth used for washing up daily is replaced weekly.
- 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. The staff will not give food to a child that is not in date. Packed lunches for children are stored in a cool place.
- Staff preparing snack will ensure that hands and nails are thoroughly cleaned and will wear an apron for the duration of snack time.
- Long hair will be tied back.
- Tables used for snack and lunch will be cleaned with an antibacterial cleaner.
- All raw fruit and vegetables will be washed in cold water.
- Fruit and vegetables that need chopping will be done on a designated chopping board.
- Staff members that are unwell, such as coughs and colds will report to the manager to be relieved from snack duty.

Procedures

We follow these procedures to promote healthy eating in our setting:-

- Before a child starts to attend the setting, we will find out from parents their children's dietary needs and preferences, including any allergies. **(See the allergies section of the Infectious Diseases and Sickness Policy)**
- Parents record information on their child's dietary needs in his/her day care records and the manager or key person will then discuss this with the parent.
- We regularly consult with parents to ensure our records are up to date.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them. **These notices are displayed on the main setting notice board and on the inside of the snack cupboard door.**
- We display what the children will be having for snack for the parents' information.
- We aim to provide nutritious snacks*, avoiding large quantities of saturated fat, sugar and salt.
****we do allow cakes or treats to be brought in by a parent when it is their child's birthday.***
- Snack includes a variety of healthy foods from the following food groups:-
 - Dairy foods
 - Grains and cereals
 - Fruit and vegetables
- We sometimes have food from a child's cultural background, providing children with familiar foods and also introducing them to new ones.
- We take care not to provide food containing nuts or nut products and we are especially vigilant where we have a child with a known nut allergy.
- We organise snack and lunch times so that they are social occasions in which children and staff participate.
- We use snack and lunch times to help children to develop independence through making choices, serving food and drink, feeding themselves and packing away their own lunchboxes.

- We have fresh drinking water constantly available to children. We inform the children where their drinks bottles are and that they can help themselves to water whenever they need it. Staff will replenish their bottles when required and if a child has forgotten their water bottle, then cups of water are provided throughout the day.
- In order to protect children with food allergies we do not allow children to swap or share food with one another.
- Semi skimmed milk and water is offered at snack and lunch time.


Packed Lunches

For children bringing a packed lunch into preschool we:-

- Provide parents/carers of children with a packed lunch letter with our guidelines for a healthy packed lunch.
Encourage children to develop good eating habits. They will be given plenty of time to eat.
- Encourage parents to provide sandwiches with a healthy filling, fruit and milk-based desserts such as yoghurt.
- Discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes and biscuits.
- Provide children bringing packed lunches with cutlery and water or milk to drink if needed.
- When eating, children must be within sight and hearing of a member of staff.
- We ensure that staff sit with the children to eat their lunch so that mealtime is a social occasion and that staff are leading by example.

Food Poisoning

Food poisoning affecting two or more children cared for at our setting, will be reported to Ofsted as soon as reasonably practical, but in any event within 14 days of the incident.

<i>Date Policy Implemented</i>	<i>April 2015</i>
<i>Signed</i>	
<i>Name and Role</i>	<i>Alex Barter, Committee Management Chair</i>
<i>Date of Last Review</i>	<i>November 2023</i>
<i>Date of Next Review</i>	<i>November 2024</i>