

Food & Drink Policy

Safeguarding and Welfare Requirement: Health
Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious

Statement of intent

This pre-school regards snack times as an important part of the pre-school's session. Eating represents a social time for children and adults and helps children to learn about healthy eating.

EYFS key themes and commitments

The Themes and Principles describe the features of our practice on which the Early Years Foundation Stage is based. They emphasise that the child is of first importance and that all relationships, experiences and the environment together influence how the child will develop, plan and learn.

http://www.foundationyears.org.uk/files/2011/10/EYFS_Principles1.pdf.

A Unique Child – 1.3 keeping safe, 1.4 Health and well-being

Positive Relationships – 2.1 Respecting each other, 2.2 Parents as partners, 2.4 Key person

Enabling environments – 3.2 Supporting every child, 3.3 The learning environment, 3.4 The wider context

Learning and Development - 4.4 Personal, social and emotional development

Aim

At snack times, we aim to deliver nutritious and appealing food, which meets the children's individual dietary needs. Yaxley & Mellis Pre-School ensures that adults responsible for the preparation and handling of food are fully aware of and comply with regulations relating to food safety and hygiene

Procedures

- Before a child starts to attend the pre-school, we find out from parents their children's dietary needs, including any allergies.
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups, to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of our food and drinks.
- 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.
- We will ensure parents are aware of the need to check with staff before bringing in food to share (e.g. birthday cakes).
- Written details of all allergies are displayed in the kitchen and office to allow staff a quick access to emergency information.

- 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 will ensure safe and correct storage of food including checking of fridge temperatures
- We organise snack and lunch times so that they are social occasions in which children and staff participate.
- We encourage children to wash their hands before eating
- We use snack and lunch times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- The children are encouraged to talk about and taste the food items that we make. Unfamiliar and different foods are introduced and the children are encouraged to try them. The staff and children talk about where food comes from and how it is grown.
- The preschool enjoys trying to grow its own fruit and vegetables in the Pre-School garden which are sometimes used for snack time.
- We have fresh drinking water constantly available for the children. An easy to use water jug and plastic cups are provided at child height and children are regularly reminded that drinks of water are available and encouraged to access them. Staff will always be willing to help children obtain a drink of water when they want one.
- Staff encourages children to take a drink after Physical Education (PE) or any other physical activities particularly when the ambient temperature is high and there is a risk of dehydration.
- Staff will always liaise with parents to identify children who may not be able to ask for water themselves for whatever reason.
- Parents should advise staff if their child (ren) is taking medication that may affect how much they need to drink.
- We discourage children sharing and swapping their food with one another in order to protect children with food allergies and cross infection between themselves.
- For children who drink milk, we provide semi-skimmed milk.
- We would notify OfSTED of any food poisoning on the premises affecting two or more children with in fourteen days of the occurrence.

Snack Time

- Snack time is an important part of each session and shall be treated as such by all staff.
- Semi - skimmed milk, water and fresh fruit will be provided at snack time. We aim to include carbohydrates and dairy in snack time too (toast, yoghurts, cheese, breadsticks etc.)
- In addition to providing the children with drinks and food, it enables the children to have an enjoyable break from play.
- Snack time provides a quiet group time when children are encouraged to sit together in a social situation where they can learn manners and social skills. The children are always encouraged to collect their own bowl and cup from the low level cupboard.
- This time provides an opportunity to develop knowledge about personal hygiene and understand why we wash our hands and the fruit and vegetables before eating.

- It provides the children with an opportunity to engage in conversation, socialising and talking about their own experiences, ideas and feelings. The children are always encouraged to demonstrate manners, share and take turns.
- Drinks are provided in jugs, the children take turns pouring their own drinks and serving drinks to others. This helps develop the child's co-ordination, confidence and consideration of others.
- At the end of snack time all children are encouraged to place their cup and bowl in the sink, receiving praise and acknowledgement for doing so.

Food Preparation

Staff will prepare snack time on a rota basis and prior to snack time preparation staff will always ensure that:-

- All food preparation areas are cleaned with an anti-bacterial spray used at the manufacturers guidelines.
- All equipment used is clean and fit for purpose.
- Storage areas are kept clean.
- Separate areas will be used for raw and cooked foods.
- All fresh fruit and vegetables are washed prior to use.
- Foodstuffs stored on site are in suitable and labelled airtight and rodent proof containers.
- Food is kept covered and refrigerated where appropriate.
- Food and drink that required heating will be heated immediately prior to serving and not left standing.
- No food or drink is to be reheated under any circumstances.
- Fridges are checked to ensure that they are kept at the correct temperature.
- Only food and relevant boxed medication is to be stored in the fridge. Labels must be applied to all items in the fridge to identify it.
- Waste is disposed of properly and out of reach of children, by way of a bin with lid. Staff will always wash their hands after using the bin.
- Different coloured cloths and mops are to be used for kitchen cleaning as opposed to general cleaning.
- Tea towels and hand towels are to be changed daily or more often if soiled and to be kept scrupulously clean.
- Disposable dishcloths to be used and changed daily.

Staff Hygiene.

All staff involved in food handling/preparation should ensure that they comply with the following:-

- Tie back long hair and roll up sleeves.
- Wash their hands under running warm water before handling food. Disposable gloves may also be worn to prepare food. However these must be disposed of as soon as preparation has finished. All hands must be dried using disposable paper towels prior to food preparation. These towels will be disposed of in the bin provided.

- Staff will not cough, sneeze or wipe their nose over food and they will ensure that hands are re-washed or gloves changed if this occurs. Contaminated food will be discarded into the bin immediately and fresh food used.
- Staff will be unable to be involved with the preparation of any food or drink if they are suffering from any infections, contagious illnesses or skin trouble. It is the responsibility of the staff member to inform the Pre-School Team Leader immediately if they are suffering from any of the mentioned ailments.
- All staff will wear a clean disposable apron whilst preparing food and drink.

Lunch Time

- Parents will provide a packed lunch for their child(ren), clearly labeled with the child's name. It is the policy of Yaxley & Mellis Pre-School that the premises itself will not provide cooked or non-cooked food for the children.
- A hot meal is purchasable through the school office, staff will encourage children to be independent and use cutlery.
- Packed lunch boxes are stored in the fridge until required. A daily check of the temperature of the fridge will be undertaken by a suitable member of staff to ensure that the unit is running within the correct parameters for food storage.
- Lunch will be eaten at child sized tables and chairs and staff will sit alongside the children and eat their own packed lunch.
- Lunch time provides the opportunity to learn about the different foods. It also allows the children to learn social skills and manners.
- Children are encouraged to sit quietly whilst eating, but at no time will any child be rushed or hurried whilst eating.
- We encourage parents to provide Healthy packed lunches which contain sandwiches with a healthy filling, fruit and milk based desserts such as yoghurt or crème fraiche.
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
- Children are encouraged to place their rubbish in the bin provided. The children are then asked to put their lunch box/bag back into the fridge ready for collection at home time.
- Parents will be advised if their child is not eating well.

Food Hygiene Training.

All our current staff hold food safety certificates.

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