

Mrs Bonds Village Nursery

Food and drink policy

Statement of intent

The nursery regard snack and meal times as an important part of the nursery session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating in which the nursery promotes. Staff severing Snack and or lunch must have completed a food hygiene course.

Aim

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of the EYFS Statutory Framework

Dietary Requirements

- Before a child starts to attend the nursery, we find out from parents their children's dietary needs and preferences, 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 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 up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink which is consistent to their dietary needs and preferences and their parents' wishes.

Food Preparation

- * The nursery has set high standards when it comes to preparing and handling food and provides Level 2 food hygiene training to all members of staff.
- * We are registered as a food provider with the local authority Environmental Health Department and currently hold a 5-star Food Hygiene Rating.

Snacks

- We provide nutritious food for snacks.
- We include a variety of foods from the four main food groups:
- We include foods from the diet of each of the children's cultural backgrounds, proving children with familiar foods and introducing them to

new ones.

- 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.
- 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 food and drinks.
- 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 organise meal and snack time so that they are social occasions in which children and staff participate.
- 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 which are appropriate for their ages and stages of development and which take account of the eating practices in their culture.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and they can ask for water at any time during the session/day.
- We inform parents about the storage facilities available in the nursery.
- For children who drink milk, we provide semi skinned and pasteurised milk.
- Snack times are supervised by staff at all times. The ratio remains the same throughout the lunch period. A member of staff should be sat at each table throughout, monitoring and supervising. There is always first aiders on duty over lunch. Children should not be left unsupervised whilst eating at any time.

Packed lunches

We promote a happy, healthy environment here at Mrs Bonds Village Nursery. Children sit at the snack/lunch tables, to enjoy well balanced, nutritious food. The staff are positive role models for the children, encouraging high standards of table manners and behaviour.

Where children stay at the nursery for lunch they are required to bring a packed lunch with them. We

- Ensure perishable contents of packed lunches are refrigerated;
- Inform parents of our policy on healthy eating;
- Provide parents with "healthy lunch" ideas
- Inform parents of whether we have facilities to microwave cooked food brought from home;
- We encourage parents to provide sandwiches with healthy fillings, fruit, and milk based desserts such as yoghurt or crème fraîche (petit filou), where we can only provide cold food from home. We discourage sweet drinks and can

- provide cold water.
- Discourage packed lunch contents that consists largely of crisps, processed foods, sweet drinks and sweet products, we reserve the right to return this food to parents as a last resort.
- Provide children bringing packed lunches with plates, cups and cutlery where necessary.
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.
- We have rules about children sharing and swapping food with one another in order to protect children with food allergies.
- Lunch times are supervised by staff at all times. The ratio remains the same throughout the lunch period. A member of staff should be sat at each table throughout, monitoring and supervising. There is always first aiders on duty over lunch. Children should not be left unsupervised whilst eating at any time.

Curriculum Activities

- Sometime we will do activities that involve food, such as baking, crafts and messy play. All activities will promote healthy eating and be used as a teaching opportunity.
- All activities will take into account children's dietary requirements and allergies, with alternatives being provided where necessary
- We teach children about the importance of healthy food choices, moving our bodies and oral hygiene through various age appropriate activities

Risk Assessment

Risk	Safety Measure
Choking	<ul style="list-style-type: none"> - Foods that pose a high choking risk (e.g. grapes) must be cut according to current guidance. If they are provided in a packed lunch un-cut, they should be returned in the child's lunch box with a note - Children will never be left unattended whilst eating - Staff will undergo first aid training

Allergens and dietary requirements	<ul style="list-style-type: none"> - Allergies and dietary requirements to be displayed around the setting and all staff to be made aware - Children are taught not to swap/ share foods - Children are not left unattended when eating
Supervision	<ul style="list-style-type: none"> - Each table of children should have a member of staff sat with them (snack and lunch times) this member of staff should not leave the table whilst any child is eating - First aiders will always be on duty at lunch time - All staff to have a food hygiene certificate
Children with eating/swallowing difficulties	<ul style="list-style-type: none"> - care plans and staff training to be put in place where necessary - Child to have 1-2-1 at food times where necessary
Contamination	<ul style="list-style-type: none"> - tables are to be cleaned before and after food use, using disposable blue roll and antibacterial spray - Staff to wear aprons and gloves when handling food - All children and staff to wash hands before and after meal times

Food Hygiene

- All staff are committed to undertaking Food Hygiene training.
- Our setting is currently registered and inspected by Bromley Council with regards to Food Hygiene. Our last food hygiene inspection was carried out on 12th May 2022 and we received:

‘The Scores on the Doors/Food Hygiene 5 Star Good Hygiene Certificate’

Food Preparation

- All surfaces are cleaned using hot soapy water and anti-bacterial spray and the checklist completed regularly.
- Hands are washed before handling any food with correct hand wash facilities and paper towels are used for drying hands.
- Any staff involved in serving food should not be involved in any toileting or nappy changing duties until their food preparation duties are completed.
- The correct colour coded chopping boards are used for the preparation of any food for baking activities.

- Cuts and open sores must be covered.
- Food is stored at the correct temperature.
- Fridge and Freezer temperature is checked and recorded once a day. This will be done to ensure the fridge is in correct order and that any food is being stored at the correct temperature : 0-5oc Should the fridge temperature rise above 8°C or the freezer temperature rise above -18 °C the maintenance department must be informed immediately.
- Bins in Kitchen area must have a lid and foot pedal
- Correct color coded clothes and mops to be used in the correct area

This policy was reviewed by Mrs Bonds village nursery on 03/10/23