



## **High Legh Preschool Nursery - Food and Drink Policy**

### **Policy Statement**

High Legh Preschool Nursery regards 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. At snack and mealtimes, we aim to provide nutritious food, which meets the children's individual dietary needs.

### **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 and preferences, 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 agree 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 agree 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.
- 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.
- Cooked meals are provided by a company called The Nursery Catering Company, we display the menus of meals for parents to view and the daily meal options are displayed each morning. Dietary requirements are catered for, vegetarian options, Halal meat or dairy free food is available for children who require it.
- We provide a simple, nutritious food snack each morning and afternoon. We avoid large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We periodically include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and 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 who has a known allergy to nuts.
- 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 show sensitivity in providing for children's diets and allergies. We 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 times so that they are social occasions in which children and adults 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 that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. 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. We advise parents to include an ice pack as food is stored at room temperature.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For young children who drink milk, we provide semi skimmed pasteurised milk.

### **Snacks**

Children are provided with a mid-morning and afternoon snack. These usually consist of fruit or a light snack such as crackers or breadsticks.

### **Lunchtimes**

High Legh Preschool Nursery lunchtime session is from 12.00-12.30pm and meals are taken in the dining room of the setting. Lunch is supervised by staff.

### **Teatime**

Children who attend all day will be provided with a nutritious teatime meal. This is served at 4pm.

### **Food Hygiene**

We maintain the highest possible standards about the purchase, storage, preparation and serving of food. We are registered as a food provider with the local authority Environmental Health Department.

Our food is provided by an external catering company who deliver food that has been blast frozen on site and delivered to us in a temperature control courier van. The temperature of food is recorded upon delivery as is the temperature of our freezer at the point of delivery.

Our staff undertake food hygiene training before they can prepare food for the children in our care. Our staff understand the principles of Hazard Analysis and Critical Control Point (HACCP) as it applies to our setting. This is set out in the Safer Food, Better business. This is the basis for our risk assessment on the purchase, storage, preparation and serving of food to prevent growth of bacteria and food contamination.

- The person responsible for food preparation and serving of food carries out the daily opening and closing checks on the kitchen to ensure standards are met consistently.

- We use reliable suppliers of the food we purchase.
- Food is stored at the correct temperatures and is checked to ensure it is in-date and not subject to contamination by pests, rodents or mould.
- The temperature of appliances is recorded on a twice daily.
- Food preparation areas are cleaned before and after use. All surfaces are non-porous.
- There are separate facilities for hand washing and for washing up.
- All utensils, crockery etc are clean and stored appropriately.
- Waste food is disposed of daily

*Cleaning materials and other dangerous materials such as medication are stored out of children's reach. The children are not allowed access to the kitchen. When children take part in cooking activities, they:*

- are always supervised
- understand the importance of hand washing and simple hygiene rules
- are kept away from hot surfaces and hot water, and
- do not have unsupervised access to electrical equipment, such as blenders etc.

### **Reporting of food poisoning**

Food poisoning can occur for several 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 a hospital doctor to be suffering from food poisoning and where it seems possible that the source of the outbreak is within our setting, the Nursery Manager or Deputy will contact Environmental Health Department to report the outbreak and will comply with any investigation.
- We will notify Ofsted as soon as reasonably practical 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.