



Food and drink policy and procedure

This policy will be reviewed on an annual basis

Statement of intent

Pippins regard the child's food and drink and meal times as an important part of the setting's routines. Eating is a social time for children and Early Years Educators. It helps children understand and learn about healthy eating practises. Pippins Promotes the Health Eating Plate.

Aim

At food and drink and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements safeguarding and promoting children's welfare. We are a nut free setting therefore do not serve products containing nuts and ensure children's lunchboxes do not contain nuts. If on the rare occasion a child comes to the setting with nuts the item is removed from the child lunchbox and the parent is informed.

Methods

Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. We inform them we are a "Nut Free" setting.

- 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 actively encourage parents to inform us immediately of any changes.
- 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 that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We provide nutritious food for food and drink served to each child in an individual bowl, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing new food to try.
- We comply with the new allergen laws and label foods which contain allergens. Children are not allowed to share or swap food products.
- We require Early Years Educators to show sensitivity in providing for children's diets and allergies. Early Years Educators 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 lunch and food and drink times so that they are social occasions in which children and Early Years Educator participate.
- We use lunch and food and drink 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.
- Fresh, accessible drinking water is available in the Rocket and Butterfly 2 rooms.

For children who drink milk, the government provides 1/3 pint per child of semi-skimmed pasteurised milk per day under the 'Cool milk scheme'. Pippins can provide an alternative, such as Soya milk, or goat's milk. Rice milk is unsuitable because of guidance regarding arsenic.

Procedure to be carried out every morning and afternoon session

Aim: To provide children with a nutritious and well- balanced food and drink, taking children's allergies or dietary requirements into consideration. Medical, cultural or religious needs of individual children are respected when providing refreshments.

- Unload the dishwasher.
- Early Years Educators to put on a white apron and thoroughly wash their hands prior to preparation food, use clean utensils.
- Sanitise all food and contact surfaces in the area of food preparation by spraying antibacterial spray on the surface and wiping it clean with either a green cloth or disposable white or blue roll.
- Spray all tables using antibacterial spray, ideally wiping this clean with disposable white or blue roll.
- Wash the skin of any fruit or vegetables which is going to be eaten, prepare this on a chopping board.
- Put a small selection of the different fruit/vegetables in a small bowl for each child.
- Prepare any drinks, cups and plates as necessary.
- Children to thoroughly wash their hands using the picture sequence with antibacterial liquid soap under warm running water and drying them with a paper towel. "Sleeves, soap, water, paper towel".
- An Early Years Educator to sit at a table throughout food and drink to model behaviour, facilitate conversations, assist the child pouring a drink of their choice, (milk or water) and support fruit choices. Another Early Years Educator will leave the room to collect more food, cups etc if needed leaving the other early years educator sat with the children.
- Children are encouraged to be polite and use their manners according to their cultural beliefs.
- The Early Years Educator cleans the table(s) using anti-bacterial spray and cleans the floor.
- Fresh drinking water is available to the children at all times, a Monkey water dispenser and disposable cups or their own labelled drinking bottles are kept in each room.
- Early Years Educators check the contents of children's packed lunches to ensure they avoid Nuts and Nut products, and food products are in date such as yoghurts.
- Children are allowed to eat and drink at their own pace
- The adult must load the dishwasher - choosing the hottest wash, dry; pack away all equipment.
- Leave the kitchen sink and surfaces hygienically clean, use antibacterial spray to wipe all contact surfaces.

- Inform Ofsted about any food poisoning affecting two or more children who are looked after on the premises.
- Food hygiene will be included in the Early Years Educators induction.
- Training will be available to all Early Years Educators involved in preparing and handling food.
- Childrens faces will be wiped with a wet wipe, cotton wool and water or a clean flannel (one used per child) if needed after food and drink, lunch or tea.

Packed lunches

Pippins children are required to bring a healthy packed lunch, we:


- Ensure perishable contents of packed lunches are refrigerated;
- Inform parents of our policy on healthy eating;
- Parents sign a consent form to reheat cooked food brought from home which is reheated to 75oc and documented on the re-heating of food sheet. Once heated stir and stand the food to cool. Decant a small amount into another bowl. To test the heat stir a metal spoon through the food and put this on the back of your hand, discard this used spoon and feed the child or give the child a clean spoon.
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fresh (petit filou). We discourage sweet drinks and can provide children with water or milk.
- Discourage packed lunch contents that consist largely of crisp, processed foods, sweet drink products such as cakes or biscuits. We reserve the right to return the food to the parent as a last resort.
- Provide children bringing packed lunches with a drink. Early Years Educators sit with the children while they eat their lunch so that the meal time is a social occasion.
- Children wash their hands thoroughly before lunch and say the number line and lunch-time rhyme. Babies hands are cleaned using wet-wipes or flannels prior to eating.
- Grapes, cherry tomatoes, blackberries, banana circles need to be quartered to avoid choking we will advise parent/carers to do this.
- Parents are requested to avoid Nuts and Nut products to prevent the risk to a child who could have an undiagnosed allergy.
- In accordance to article 6 Survival and Development (UNCRC 1989) the child has an inherent right to life, and the State has an obligation to ensure to the maximum extent possible the survival and development of the child.

This policy was adopted at a meeting of Pippins Pre-School and Nursery

Held on Wednesday 20th October 2021

Signed on behalf of the Management Trustee Directors

Role of signatory (e.g. chairperson etc.)



 21/10/21.

 Chairperson

Commenced 2009 - Reviewed 20.10.2021