



## 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. In the event of a child coming to the setting with nuts the item is removed from the child's lunchbox and the parent/carer 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 on an individual plate, avoiding large quantities of saturated fat, sugar, salt and artificial additives, preservatives and colourings.
- We include foods from 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 Educators 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 take account of the eating practices in their cultures.
- Fresh, accessible drinking water is available in the Rocket, Butterfly and Crocodile 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, Oat 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.

### Kitchen

- Unload the dishwasher.
- Early Years Educator to put on an 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.
- Check the allergy list for each room.
- Wash the skin of any fruit or vegetables which is going to be eaten, prepare this on a chopping board. Butter bread and cut into quarters.
- If a child has any allergies, use a different chopping board and utensils.
- Ensure fruit and vegetables are cut into safe sizes, all food items that can cause an obstruction to a child's airways are quartered.
- Prepare any cups and plates as necessary.
- The adult must load the dishwasher - choosing the hottest wash, dry; pack away all equipment.
- The 2-stage cleaning process is completed daily - First use a cleaning product to remove visible dirt from surfaces and equipment, and rinse. Then disinfect them using the correct dilution and contact time for the disinfectant, after rinse with fresh clean water if required.

### Each room

- Spray all tables using antibacterial spray, wiping this clean with disposable blue roll.
- Put a small selection of the different fruit/vegetables in a plate for each child.
- 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 water dispenser and 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
- Inform Ofsted about any food poisoning affecting two or more children who are looked after on the premises.
- Food hygiene and allergens will be included in the Early Years Educators induction.
- Training will be available to all Early Years Educators involved in preparing and handling food.
- Children's 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 20<sup>th</sup> October 2021

Signed on behalf of the Management Trustee Directors

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

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Chairperson

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Commenced 2009 - Reviewed 15.06.2023