

Food and Drink Policy

Statement of intent

This setting regards snack time as an important part of the session. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

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

Methods

Before a child starts to attend the setting, we find out from parents whether the child has any allergies or dietary preferences by means of registration forms, which are signed by the parent.

These are recorded on a list stuck on the inside of the staff cupboard and written on the reverse of the children's individual name cards, which are used at snack time. This ensures that all staff and volunteers are informed and that children only receive food and drink which is consistent with their parents' wishes.

We plan menus in advance and display the menus of snacks for the information of parents.

We provide nutritious food including dairy foods, grains and cereals, fruit and vegetables.

Each term we aim to include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.

If the snack offered is something new or unfamiliar and a child is hesitant to try, an alternative such as a plain biscuit is available.

Staff aim to be aware of the dietary rules of all 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 the 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 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 from a water dispenser and cooler. We inform the children about how to obtain the water and that they can have water at any time during the session.

In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another. For children who drink milk, we provide pasteurised milk.

During the preparation of food we follow the following food safety principles:

- Staff who prepare and handle food understand, and comply with, food safety and hygiene regulations
- At least one member of staff has an up-to-date Food and Hygiene certificate and ensures that information is passed on to the rest of the staff.
- Staff always wash their hands thoroughly before preparing food, in a hand basin, not the washing up sink, and dry hands with paper towels not a tea towel.
- Raw food is always washed before use and staff are careful not to contaminate other food in the process.
- Strict personal hygiene habits are followed when working with food and staff do not touch their hair, or eat or drink while preparing food to avoid the transfer of bacteria from head or mouth to food.
- Food areas and equipment are kept clean and in good condition.
- Food waste and rubbish is removed from the food area frequently.
- Where possible a coloured chopping board is used for cooked meats and a different one for fruit and vegetables.
- Staff clean food surfaces as they go and no food is left on the surfaces.
- Hot soapy water is used to remove dirt and grease and then anti bacterial cleaner is used to disinfect.
- No one who has symptoms of food poisoning or any infectious symptom is allowed to handle or work with food.
- There is a daily cleaning routine for the setting, which includes the kitchen.

Snack times are appropriately supervised and children do not walk about with food and drinks. Adults do not carry hot drinks through the play area(s) and do not place hot drinks within reach of children.

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