



FOOD MANAGEMENT POLICY

Playtime Day Nursery wants to ensure that meal and snack times are happy and social occasions for the staff and the children. Positive interactions should be shared at these times and enjoyed.

- We want to promote healthy eating and living and will always try to give the children fruit and vegetables portions throughout the day and provide experiences to try a variety of different healthy foods including those from other cultures.
- The Nursery will ensure that the standards of table manners and behavior that are expected will be consistent.
- Individual dietary requirements / cultural differences will be respected. Staff are to make themselves aware of food allergies children have (these are displayed in each room. Baby and toddler room children who have dietary requirements/cultural will have a different place mat to ensure staff/students/volunteers are aware that this child has a dietary requirement.
- As part of the settling in period the nursery requires that parents and careers complete an enrollment form including information about any special dietary requirements or allergies. An allergy management plan will also be completed.

The first part of the plan will be a clear description of the child's allergies and the symptoms they display when having an allergic reaction. It will also contain information on how the allergy should be managed and what should be done in the case of an emergency. The purpose of this plan is to ensure staff have a clear understanding of your child's allergies and can be referred to if there is any doubt.

Plans should be adapted as necessary, staff will check with parents that information is up to date at parents evenings (twice yearly) in-between it is the responsibility of the parent to ensure the nursery is updated and plans amended if needed.

- Water to drink should be made available all day and prompts should be made for different ages and stages i.e. labels, pictures etc. Babies should be offered fluids regularly throughout the day. Milk will be offered at morning and afternoon snack or as agreed with parents.
- Staff should promote healthy eating and should consider what they choose as a snack when with the children along with what they are drinking in the room i.e no fizzy/energy drinks in the original can/bottle and must not be poured in the room where it could be on view of the children.
- All Staff will be made aware of how food should be stored before serving and one person should check the temperature is correct and act as needed to maintain the correct temperature, including the storage of tea. This will be done by someone who has a Food Hygiene Certificate.

Nuts

Food containing nuts is not kept on the nursery premises (staff are to ensure that no products containing nuts are consumed on the nursery premises) and whilst every effort to make sure that food containing nuts are kept to a minimum, it is impossible to phase these products out completely.

Own Food

For allergy/dietary reasons parents are not permitted to provide their child with their own food, if a child doesn't like g a meal that has been provided to them the nursery will try everything they can to encourage the child to eat, if they doesn't eat it we will then offer the child an alternative such as beans on toast, cereal a sandwich and then will inform the cater to provide an alternative meal.

When parents are providing birthday cake they need to ensure that the cake does not contain nuts and provide fruit as well. If the parents do not provide fruit the nursery will supply it. The children are required to eat the meal and pudding first and once finished can have the Birthday Cake.

Handling/Serving Food and Snacks

- The Food Standards 1999 Act states that food must be kept either cold below 8 C hot above 63 C
- Fridges should operate between 2 C and 5 C.
- Only practitioners who hold food hygiene certificates should prepare and serve food.

(All practitioners should have done the e-learning Food Hygiene training by the end of their induction period)

- Hot food should be probed and recorded in the temperature log book every day.
- Practitioners are to ensure the food probe is cleaned after every use. Practitioners should wear a disposable apron (different colour to the nappy changing aprons) when preparing food.
- Practitioners should wash their hands before serving or preparing food/snacks and where possible to be done with the children as positive role models.
- Children should be encouraged and where needed supported to wash their hands before and after handling food/snacks or having meals.
- Staff must ensure the side has been cleared and cleaned and a chopping board is used on the work surfaces.
- Any fruit used for snacks or as deserts should be washed and chopped appropriately to the ages and stages of the children
- Children should be given as much choice as possible i.e. independently choosing snacks/self-serve lunch.
- When cooking with children as an activity staff will extend the children's understanding of a healthy and balanced diet.

Although the amount of food preparation in rooms is minimal attention should still be given to food hygiene in order to reduce the likelihood of food related illness.

General procedures: -

- 1) Work surfaces should be kept clear and clean. Surfaces should be cleaned with antibacterial spray (sprayed into the cloth when children are in the room) and wiped off with hot soapy water.
- 2) Laminated plastic tables are suitable for food work. Damaged or wooden tables should not be used unless covered with a clean plastic table cloth which is kept for food work.
- 3) All cuts and wounds should be covered with waterproof plasters (blue).
- 4) Long hair should be tied up.
- 5) Sleeves should be rolled up and all jewellery such as rings removed.
- 6) A separate sink should be used for washing food and equipment (this is located in the kitchen and Toddler Room Conservatory)
- 7) All painting equipment should be washed/cleaned in sink in the bathroom (by the changing area)

- 8) A separate hand washing basin must be available so that hands can be washed thoroughly before food activity begins.
- 9) Clean protective aprons should be worn along with chopping boards.

General Procedures at Meal-times

- If a child does not finish their first course they will be offered a small portion of pudding.
- Quantities offered will take into account the ages of the children being catered for.
- Children will be encouraged to say "please and thank you" and to sit still.
- Conversation will be encouraged but not shouting.
- Any child who shows signs of distress will have his food removed without any fuss. Parent/carer will be told if their child did not want to eat.
- If a child falls asleep before the meal, a meal will be saved for the child.
- If a child is not wanting to eat with others we will move them on their own to a smaller table with one or two other children or on their own if they prefer.
- Slow eaters will be given time and not rushed.
- Children should be encouraged to feed themselves and use a knife and fork at the appropriate level of development.
- Menus will be displayed for parents to see.
- Water will be offered with meals and will be available all day in each room.
- Staff are to record how and what children are eating to inform parents.
- Healthy snacks and drinks are offered throughout the day.