

Katie B *kids*

*Sharing our commitment to endorsing ethical and environmentally sustainable food,
championing local food producers, and making healthy eating easy.*

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In addition to this guide please see:

- Food management system
- Health and safety policy
- Admissions handbook

The policy forms part of the *Katie B*
kids development plan and will be reviewed annually.

Introduction

With young children growing up in a world of convenience, fast pace and too many environmental and individual stresses, we believe that it is responsible to consider how making simple changes to menu planning and food purchasing can have the potential to positively affect health and well-being.

We have invested time questioning food suppliers and exploring controversial topics that exist within food production including animal welfare. We eliminate unhealthy processed foods, replacing with healthy substitutions. Anything that is not cooked from scratch is considered processed food and we make every effort to make our own baked beans, pizzas including dough bases, ice cream and pastry. Processed foods have been altered from their natural state, either for safety reasons or because it makes them easier to store or easier to use. When purchasing processed foods, we are confident in reading nutrition labels, to ensure that processed foods with trans fats, saturated fats and large amounts of sodium and sugar are avoided. Beyond this we take further steps to reduce the amount of unhealthy fats, sugar or sugar substitute and synthetic vitamins and minerals in the diet of our children in nursery.

We cook our food from scratch wherever possible so that we can control exactly what is going into our food.
We prepare our meals sourcing whole foods in their natural state, and we offer a healthy diet for our children.

We serve fresh food that our families can trust.

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Our promise to parents

- Our menus are based around food that is freshly prepared on site from predominantly unprocessed ingredients.
- Our food is free from controversial additives, trans-fats, and genetically modified ingredients.
- We only serve food that exceeds basic UK Welfare standards.
- We incorporate organic ingredients into our menus.
- We champion local produce and local producers.
- Our emphasis is on serving an appetising and nutritious balance of good quality, freshly prepared foods.
- We purchase ethically, locally, and healthily.
- We support children to make healthy choices.

Providing food for all

This role of our nursery housekeeper is to plan, prepare and cook our nursery meals on site using locally sourced produce, meeting the dietary needs of all children within the nursery.

Parental choices, beliefs and safety are always respected and protected. Children's unique requirements are clearly displayed in the nursery kitchen and in the dining area and where required, for example for a food allergy a risk assessment is in place to ensure safety.

Training and hygiene

All our educators are responsible for serving food to our children, and as such will have a level II food hygiene certificate to ensure competence in safe practice.

Our nursery housekeeper has advanced food hygiene training and specific allergy training.

We aim to have 100% of our team qualified in paediatric first aid to support safety at mealtimes.

We meet the standards required by the food industry regulations.

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Encouraging good eating habits

We appreciate traditional family values and great importance is placed upon our communal mealtimes throughout the day. At these times the children come together and with our staff experience a positive, social time where quality homemade food is served, and children are encouraged to make healthy choices. In addition to this several measures are taken to ensure children are positively encouraged to eat well:

1. Modelling to encourage positive eating

- Children always eat together around the communal dining table so we can encourage good eaters to act as positive role models for less confident eaters.
- Educators speak enthusiastically about the meals, ingredients, and food in general throughout mealtimes.
- Children are always praised for trying something new.

2. Variation of foods to encourage new tastes

- Our menus are varied and reflect food from around the world with many different tastes and textures.
- Children are given regular and repeated chances to taste new foods.
- Children are involved in weekly baking, so they appreciate where food comes from and develop a sense of ownership over what they eat.

3. Controlling portion size

- Children serve themselves, so plates are not overfilled, and children come back for seconds and thirds.
- This method of serving at the table also reduces plate waste.

4. Surveys of menus

- Parents / guardians are asked to feedback on menus formally through our annual questionnaire
- Educators are asked to feedback on menus after every 3 menu cycles
- Children are asked which meals they like best and their voice can be heard through educators feedback on menus

5. Children learn table etiquette by supporting the nursery routines, they:

- Setting the table
- Serving foods
- Putting things in the bin after cooking or after a meal
- Wiping up after cooking
- Clearing the table after a meal

Ethical purchasing

Eggs

We only bake or cook with Free Range, or where possible Organic eggs as these offer the highest standards of animal welfare and nutritional value.

Fish

We serve fish for our main meal on one day each week. We never serve fish that are on the Marine Conservation Society 'fish to avoid' list. All the fish we serve is fish certified sustainable by the Marine Stewardship Council.

Poultry, beef, and lamb

We aim to serve exclusively organic poultry. Organic chickens have access to the outdoors with a more stimulating environment and are given more space in their shed which houses significantly fewer numbers of animals. We recognise the highest welfare standards and nutritional benefits are with Organic meat and we can claim with confidence that UK minimum standards on animal welfare are being exceeded.

Pork

An estimated 60% of breeding sows and 93% of pigs reared for meat in the UK spend most or all their life indoors, many on concrete. We use suppliers that promote pork from pigs that are born outside and spend their entire lives outdoors in the fresh air, with freedom to roam in large paddocks. Organic ham is hard to source so this has been removed from our menu.

Organic milk

We only provide organic milk. This is because research has shown that organic milk provides increased nutritional benefits. Specifically, it has higher levels of an Omega-3 essential fatty acid (ALA, alpha-linolenic acid), vitamin E, vitamin A and antioxidants.

Fairtrade and ethical trade

Where possible we promote the use of Fairtrade products including our bananas and pineapples. This is because Fairtrade standards, as guaranteed by the Fairtrade Mark, ensure that disadvantaged producers in the developing world are getting a better deal.

Palm oil free

We are vigilant to the extremely harmful impact on the environment that palm oil creates. To keep up with the incredibly high demand for the cheaply produced oil, acres of rainforest are being cut down - leading to a loss of animal habitat for endangered species. In the past 16 years, according to

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research the quest for palm oil has led to the death of an estimated 100,000 orangutans, with other animals including elephants, rhinos and tigers are also at risk. We source products that only contain sustainable palm oil and always use cooking oils that are palm oil free. Sustainable palm oil is a movement to achieve responsible palm oil production practices by key players in the supply chain through developing and sharing a credible and verifiable benchmark and creating and promoting innovations.

Reducing salt intake

It is important for health reasons to reduce salt from our menus. To actively do this we:

1. Ensure that over 80% of our meals are homemade thereby avoiding ready-made, tinned or packet soups, sauces & processed foods.
2. Never routinely add salt when cooking rice, vegetables, potatoes and pulses.
3. Use home-made stocks, spices and herbs to enhance the flavour of food.
4. Only offer low salt or unsalted savoury snacks.
5. Never add to a meal once cooked.

Menu planning

Seasonal balanced menus

Our menus make use of in-season fruit and vegetables and where possible meats and fish too. Eating UK produce in season is one of the best ways to reduce our carbon footprint, by cutting out 'food miles' and avoiding energy-intensive heated glasshouses. Eating in-season means that our children are eating food at its best.

We follow 6 steps for planning healthy meals:

1. All our meals and snacks are planned in advance to ensure they are balanced and include variety.
2. Our menus change each week considering the season, festivals, special days and feedback.
3. Every meal and snack are planned to meet the food and drink guidelines; eat better, start better.
4. Menus are planned to include a variety of foods, tastes, textures and colours.
5. Menus cater for the cultural and dietary needs of all the children in our care.
6. Our menus are displayed within our nursery and with our families each week.

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Recommended servings of key food groups

Our menus demonstrate compliance with the national standards and early years guidelines on food and nutrition. We ensure that the food and drink provided for children is balanced across each day and that children eat regularly. In a full nursery day, we provide:

4 portions of starchy foods per day

- We provide a portion of starchy food as part of breakfast, lunch and tea each day
- We provide starchy food such as crackers, breadsticks and rice cakes as part of two snacks each day
- We provide at least 3 different types of starchy food across all breakfasts, all lunches, all snacks and all teas each week
- We provide a variety of wholegrain and white starchy foods as part of breakfast, lunch, tea and snacks each week
- We provide a combination of wholegrain and white starchy foods each week at breakfast, lunch, tea and snack
- We always choose cereals and recipes with the lowest sugar content

7 portions of fruit & vegetables daily

- We provide a portion of fresh fruit with breakfast daily
- We provide a portion of fresh fruit or vegetable at morning and evening snack daily
- We provide at least one portion of vegetables as part of lunch each day
- We provide fruit most days for pudding either cooked or prepared in a fruit salad
- We provide at least one portion of fruit and vegetables at tea every day

- We provide a homemade fruit and vegetable smoothie daily at tea
- We provide a variety of vegetables and fruit across the week at lunch, tea and at snack
- We do not provide dried fruit as part of snacks

3 portions of dairy and dairy alternatives per day

- We offer milk with cereal at breakfast
- Fresh milk is served as a drink at morning snack and evening snack
- We have milk-based puddings or yogurt at lunch
- Our smoothie at tea may be milk based
- Cheese can be served with morning or evening snack

Beans, pulses, fish, eggs, meat, and other proteins

- Food from this group provides a useful source of iron and zinc and are included as part of lunch every day
- A portion of beans, pulses, fish, or eggs is provided for tea or snack every day
- We provide oily fish at least once every three weeks as part of lunch and tea
- We are moving towards a more meat free menu for climate change, health, and animal welfare reasons. We replace meat with a variety of protein sources such as pulses, eggs and meat alternatives including Quorn and Tofu. We do not use fish or cheese as an alternative to meat

Baking in nursery

Regular baking in our nursery helps the children in several ways. Cooking is a science experiment. Too many eggs, not enough flour, or the wrong timing and the recipe just won't be the same. Cooking therefore provides an opportunity for children to get hands-on experience with basic science. Through these experiences we see self-confidence grow in the children and it lays the foundation for healthy eating habits.

Through our baking activities the children in upper nursery will learn to:

- Wash and scrub vegetables and fruits
- Carry items to the table
- Measure dry ingredients
- Pour liquids into batter
- Crack open/breaking eggs
- Beat eggs with an eggbeater
- Mix batter or other dry & wet ingredients together
- Mash soft fruits and vegetables
- Juice oranges, lemons & limes
- Peel some fruits & vegetables
- Press biscuit cutters

- Spread butters or spreads
- Cut soft foods with a knife (mushrooms, hard-boiled eggs)
- Knead dough

Our baking cycle

In our upper nursery we have a 4-week cycle of baking. This routine supports children in increasing knowledge of healthy eating, food providence (seasonal eating), and further develops children's social emotional development, cognitive development, language development and physical development.

Bread, crumbles, cakes and pastries can be sweet or savoury and all our baking is influenced by the season, child choice and special days or events including cultural celebrations. We are flexible with the recipes, and through research we develop ideas and chances for the children to further develop taste opportunities. However, for each week there is a starting point, and these take into consideration reducing sugar in sweet recipes with the ratio of sugar: flour 1:2. We also try to use promote the use of wholegrain flour in 50% of our recipes containing flour.

Sometimes our children bake for their nursery meals or snacks, or they bake for a picnic or special event. Our children do also bake to share with their families. We ask parents / guardians to provide a reusable container for children's baking to be able to come home.

Bread Week

Along with flour and water, other ingredients like salt, butter, yeast and baking powder are used as part of the bread-making process. To add flavour spices, fruits, vegetables, seeds, herbs and sugar can be added. Normally wheat flour is used to make bread. However, different types of flour are also used to make it. The most common types of flour used include rye, barley, corn, oats, spiked millet, and sorghum. Examples of common breads include whole wheat, multi grain, Roti, sourdough, Focaccia, Ciabatta and Brioche.

Crumble Week

Our crumble is a crumbly mixture of butter, flour, oats and sugar for sweet or cheese for savoury. This is crumbled over the top of the filling and is then baked in an oven until the topping is crisp. For a **sweet filling** we opt for fruits in season for the freshest dish. Sugar is only added depending on the fruit. A **savoury version** uses meat, vegetables and sauce for the filling, with cheese replacing sugar in the crumble mix.

Cake & Biscuit Week

Children love baking cakes and biscuits and with the right recipe they can be nutritious too. We encourage children to be adventurous in their baking.

Pastry week

Our children enjoy creating sweet and savoury pastry dishes. Exploring puff, shortcrust and filo, they make twists, stars, rolls, tarts, pies and straws.

