



## **Food and Drink Policy**

**The nursery regards snack and mealtimes as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. Food forms a basic principle as part of our children's everyday observation of Judaism.**

### **What we aim to do**

At snack and mealtimes, we will provide nutritious kosher and, when milky, chalav yisrael food, which meets the children's dietary needs.

### **How we will achieve this**

- Before a child starts nursery, we find out if they have any specific dietary needs, including allergies.
- Parent/carers record information on the online Little Bicks book and this is discussed firstly at the home visit and then with the child's Key Person and Room Leader.
- We regularly consult with parents to ensure that these records are up to date.
- Changes are agreed with the parents and the form amended when necessary and signed.
- We provide only food and drink which is on the KLBD list and chalav Yisrael when milky.
- We advise parents of the menus in advance.
- We provide only nutritious food at all meals and snacks and avoid foods which contain large quantities of fat, sugar, salt, artificial additives, preservatives or colourings.
- We include in every meal protein for growth and essential minerals and vitamins in raw foods, salads and fresh fruit.
- We encourage children to try new foods as well as encouraging them to eat foods, which they are familiar with.
- We require practitioners to show sensitivity in providing for children's diets and allergies. Practitioners do not use a child's diet or allergy as a label for the child, or to make the child feel singled out.
- We organise meal and snack times to help children develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils which are appropriate to their age and stage of development.
- We have fresh drinking water available at all times and children help themselves to it.

- For children who drink milk we provide pasteurised semi-skimmed or whole milk. For children who do not drink cow's milk we provide an appropriate alternative such as oat or rice milk.
- We educate children about making healthy food choices including vitamin C rich foods.
- We discuss oral health with the children through topics and everyday conversations such as teeth brushing and which foods are good and bad for their teeth.
- If two or more children are affected by food poisoning, we inform Ofsted 0300 123 1231.

### **Food Hygiene & Safety**

- Staff who prepare and handle food receive appropriate training and hold a level two food safety and hygiene certificate.
- All food and drink are stored appropriately.
- Snack and mealtimes are appropriately supervised and children do not walk about with food and drinks.
- We operate systems to ensure that children do not have access to food/drinks to which they are allergic (see Medication Policy for more information)
- All meals and snacks provided will be nutritious and pay due attention to children's particular dietary requirements.
- When cooking with children as an activity, the adults will provide healthy, wholesome food, promoting and extending the children's understanding of a healthy diet.
- Adults do not walk about with hot drinks or place hot drinks within reach of children
- The nursery will observe current legislation regarding food hygiene, registration and training.
- In particular, each adult will:
  - Always wash hands under running water before handling food and after using the toilet.
  - Not be involved with the preparation of food if suffering from any infectious/contagious illness or skin trouble.
  - Never cough or sneeze over food.
  - Wear aprons and gloves during food preparation, serving and clearing up.

- Appropriate clothing to be worn, no jewellery and hair tied back.
  - Use different cleaning cloths for kitchen and toilet areas.
  - Prepare raw and cooked food in separate areas and use separate cutting boards, utensils, cloths and antibacterial spray.
  - Keep food covered and either refrigerated or piping hot to correct temperatures.
  - Ensure waste is disposed of properly and out of reach of the children.
  - Wash fresh fruits and vegetables thoroughly before use.
- Any food or drink that requires heating will be heated immediately prior to serving and not left standing. Food will only be reheated if safe to do and will reach appropriate temperatures.
  - Tea towels will be kept scrupulously clean and washed regularly at 82°C
  - All utensils will be kept clean and stored in a dust-free place, e.g. closed cupboard or drawer.
  - Disposable aprons will be worn when preparing food.
  - Rules as decreed by the Environmental Health will be observed. Training will be offered in order to maintain food and hygiene standards.
  - We have risk assessed for Legionella to establish that all taps are run and all toilets are flushed at least twice a week. The risk of Legionella is very low because of the constant use of these amenities and therefore the running of water.

Date policy was reviewed	March 2023
This policy is due for review before	March 2024