FOOD AND DRINK POLICY

Policy Statement

Vishenka nursery regards snack and meal times as an important part of the Nursery day. We aim to provide an environment that promotes the health and well-being of Children and staff by ensuring that all food provision and food messages are healthy and consistent. Children need to learn the importance of a balanced diet, and they are encouraged to make good decisions about the food they eat. The staff of Vishenka nursery recognize, and are committed to, the fact that healthier children learn more effectively.

Eating represents a social time for children and adults. Meal times offer opportunities for language development and for social development.

Dining Area

- Children eat in the classroom at the designated space. Food is delivered from our sister school LPEBL Stewart International School in thermo containers. Staff always take food temperature upon delivery.
- All children are encouraged to eat a balanced Nursery lunch.
- Tables enable children to be seated with a range of their peers.

Nursery Meals

- Food is prepared by Ganna Pankratyeva our Chef and is served by the Nursery assistants on a rolling schedule.
- Nursery lunches are included in child fees if a child attends a full day from 9 to 4 pm.
- Our Chef holds food safety and health and hygiene certificates.
- Nursery meals are available to all children.
- Children are served a balanced Nursery meal each day.
- Fresh fruit is available five times a week.
- Menus are displayed on the information boards and emailed, so that children and parents are aware of what food is available, giving time to make healthy choices.
- Children are encouraged to try different foods each day by the members of staff. There will be at least one meat or vegetarian option to choose from.
- Healthy desserts are served, including fruit and yoghurts.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the room.
- The amount of food children eat is monitored by the staff members. Children who eat too little are gently encouraged to eat more and their parents are informed.
- The Nursery occasionally has themed lunches related to a topic or the time of the year, such as celebrating Christmas, World Book Day or International events.
- Parents provide snacks for afternoon sessions and packed lunches for Nursery trips.
- If a parent has a concern about the provision of lunch, they may raise these with the Headteacher. If a parent has a concern about their child's welfare at lunchtime (not eating enough etc), they should email the Headteacher who will liaise with the rest of the team to ensure that the child is eating a balanced meal.

Procedures followed to promote healthy eating in our setting

- Before a child starts to attend Vishenka Nursery , we find out from the parents their child's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in her/his registration record.
- We regularly consult with the parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date.
- 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 plan menus in advance.
- We display the menus at the Nursery door and send a copy to parents at the beginning of each term.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colorings.

We include a variety of foods from the four main food groups:

- Meat, fish and protein alternatives.
- Dairy foods.
- Grains, cereals and starch vegetables
- Fruit and vegetables.

- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts. Parents are informed that we have a nut free policy in the Nursery.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take into account this information in the provision of food and drinks.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff never 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 organize meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and 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 into account the eating practices in their cultures.

- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- In accordance with parents' wishes, we offer children arriving early in the morning - and/or staying late - an appropriate meal or snack.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- We inform parents if their child has not eaten well during the nursery day.

FOOD HYGIENE

POLICY STATEMENT

In our setting we provide and/or serve food for children on the following basis:

- Snacks
- Lunch

We maintain the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food.

PROCEDURES

The Nursery Manager and the person responsible for food preparation have Food Hygiene Certificates.
Systems are in place to monitor the temperature of the food on arrival at the Nursery and before serving to ensure safe temperatures are maintained. This is set out by the Food Standards Agency.
The basis for risk assessment applies to the purchase, storage, preparation and serving of food to prevent growth of bacteria and food contamination.
All staff follow the guidelines of the Food Standards Agency. All staff has either in house Food Hygiene training or training provided by the council.
The person responsible for food preparation and serving carries out daily opening and closing checks on the kitchen to ensure standards are met consistently. *(See* Food Standards Agency guidelines*).*

We use reliable suppliers for the food we purchase (Morrisons, Ocado and Sainsburys).

Food is stored at correct temperatures and is checked to ensure it is in-date and not subject to contamination by pests, rodents or mold.

Packed lunches are stored in a cool place; un-refrigerated food is served to children within 4 hours of preparation at home.
Food preparation areas are cleaned before use as well as after use.

There are separate facilities for hand-washing and for washing up in the kitchen. All surfaces are clean and non-porous.

All utensils, crockery etc. are clean and stored appropriately. Waste food is disposed of daily.
Cleaning materials and other dangerous materials are stored out of children's reach. Children do not have unsupervised access to the kitchen.
When children take part in cooking activities, they:

- Are supervised at all times;
- Understand the importance of hand washing and simple hygiene rules
- Are kept away from hot surfaces and hot water; and
- Do not have unsupervised access to electrical equipment such as blenders etc. Moreover, activities are risk assessed and adults include a member of staff with an in- date Food Hygiene Certificate.

Reporting of food poisoning

Food poisoning can occur for a number of reasons; not all cases of sickness or diarrhea are as a result of food poisoning and not all cases of sickness or diarrhea are reportable.
Where children and/or adults have been diagnosed by a GP or hospital doctor to be suffering from food poisoning and where it seems possible that the source of the outbreak is within the Nursery , the Nursery Manager will contact the Environmental Health Department and the Health Protection Agency, to report the outbreak and will comply with any investigation.
If the food poisoning is identified as a notifiable disease under the Public Health (Infectious Diseases) Regulations 1988 the setting will report the matter to the LA and to Ofsted.