

The Enchanted Wood Day Nursery Ltd: Health

Food and drink

Policy statement

The Enchanted Wood Day Nursery Ltd regards snack and meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating at snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures

We follow these procedures to promote healthy eating in our nursery.

- Before a child starts to attend the nursery, we ask their parents about their child's dietary needs, allergies and preferences in the Child's Registration Form. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
- We regularly consult with parents to ensure that our records of their children's dietary needs – including any allergies - are up-to-date. Parents sign the up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff members and volunteers are fully informed about them. This also highlights whether this is an allergy, intolerance or a preference.
- 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 display the menus of meals/snacks for parents to view.
- We plan menus in advance ensuring that we provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We use an outside company called Zebedee's which is a Nursery catering company. These are for our lunch time meals only. This is ordered weekly in line with registers and allergies.
- These include a variety of foods from the four main food groups:
 - meat, fish and protein alternatives;
 - dairy foods;
 - grains, cereals and starch vegetables; and
 - fruit and vegetables.

Safeguarding and Welfare Requirement: Health

- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- 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.
- Through discussion with parents and research, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
- Zebedee's provide a vegetarian alternative on days when meat or fish are offered.
- The staff members show sensitivity in providing for children's diets and allergies. Staff members 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 meal and snack times so that they are social occasions in which children and staff participate.
- A member of the team checks the temperature of the Zebedees meals and fills out the correct paperwork; this is then dished out into self-serve dishes for each of the rooms. Allergies are dished out first and labelled.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- All children wash their hands prior to being given any food or drink, babies and younger children will be supported to or have their hands washed by a member of staff.
- Any staff members who are eating with the children must continue to role-model hygiene best practices.
- We provide children with utensils that are appropriate for their ages and stages of development.
- Meal times are self-serve, children dish up their own meals with the support of adults.
- 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.
- Fresh drinking water is also taken into the outdoor areas and trips.
- We inform parents who provide food for their children about the storage facilities available in the nursery.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- Allergies are highlighted with blue cups and white plates with a blue edge. Bowls are also blue.
- For children who drink milk, we provide whole pasteurised milk and semi skimmed milk. Although we slowly introduce semi-skimmed milk from the age of two years.

Safeguarding and Welfare Requirement: Health

- For each child under two, we provide parents with daily written information about feeding routines, intake and preferences.

Packed lunches

Where children prefer to bring packed lunches, we:

- Ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
- Inform parents of our policy on healthy eating;
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts, such as yoghurt or crème fraîche. We discourage sweet drinks and can provide children with drinking water.
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;
- We provide children bringing packed lunches with plates, cups and cutlery; and
- Ensure the staff members sit with children to eat their lunch so that the mealtime is a social occasion.

Temperature Control

All foods are stored according to safe food handling practices and at the correct temperature (HACCP) to prevent the growth and multiplication of food poisoning organisms, to reduce the rate of food spoilage and to ensure that food quality is maintained.

Staff check and record fridge temperatures daily to ensure that the correct temperature is maintained.

Legal framework

- Regulation (EC) 853/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.