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Date policy reviewed:

Food Handling and Drink Policy

Snacks and meals are an important part of our routine and day. Eating is a sociable time for children and adults. It is a great opportunity for children to learn about healthy eating, and develop independence through making choices, serving food and feeding themselves.

We provide snacks and meals that are healthy, nutritious and well balanced whilst meeting each child's individual health and dietary needs.

We do this by:

- Offering a variety of foods such as meat fish and protein alternatives, dairy foods, grains and cereals, fruit and vegetables.
- We will follow the guidance from the document 'safer food better business' from the Food Standard Agency
- Ensure we clean and sanitise before and after meal times
- The nursery will ensure we are inclusive for all children including those with medical or life style choices.
- Prior to each child starting the setting we will gather information regarding any food allergies and intolerances and create a care plan to support these needs if necessary.
- A risk assessment will be created for children with care plans. This risk assessment will be updated regularly.
- All staff will be aware of each child's dietary requirements and how to ensure the child and family are welcomed and included.
- Staff will be trained to administer specific medical treatment and equipment for individual children where dictated by the care plan.

To promote healthy eating we:

- Plan meal menus in advance and display these across the nursery.
- Consult with parents regarding their child's individual dietary needs, including religious groups, allergies and intolerances.
- Record this information in the child's file along with a care plan which will be kept in the care plan box in the child's room. This will be reviewed and updated every time the child changes rooms and regularly in between.
- Display current information about individual child's dietary needs so that all staff and volunteers are fully aware about them
- Take care not to provide food containing nuts and nut products and are especially observant where a child is known to have such an allergy
- Organise meal times so that they social occasions, where staff sit with the children (snack times may be more informal)
- Provide fresh drinking water
- Encourage self-serving.
- All produce must be traceable and in order to manage this, foods and drinks must be purchased and cooked by the nursery. The nursery will not accept foods or drinks from home. In the case of celebration treats (eg birthday cakes) staff may sing celebration songs and hand out the treat to the parent when the child goes home.