

## **Food and Drink Revised September 2019**

We regard snack and meal times as important for the whole group, helping children learn about healthy eating, hygiene and their physical needs. What we provide is balanced, nutritious and sustaining.

### **Gathering information about children's needs and preferences:**

We obtain information about children's dietary requirements food allergies, cultural and personal preferences at registration (see also Health and Medicines Policy). We share this information with all staff so that those preparing and serving food can act on it. We make sure appropriate food and drink is available for each child according to the information given by parents and carers. We review this information at termly parents' evenings and ask parents/carers to advise us of changes.

### **Provision of water and other drinks:**

Drinking water is always available for children and adults. For snack children are offered water or milk, either whole or semi-skimmed milk, and water with lunch.

### **Provision of food:**

Children are offered floured tortillas, a cracker/pitta and fresh fruit/vegetable for snack. This menu is shared with parents and can be varied to meet individual children's needs in discussion with Pamela. Lunch boxes are stored in clean, cool conditions. Parents are advised to put ice packs in lunch boxes in hot weather and information about healthy eating is shared with families.

### **Hygiene:**

All dry food served to children is in-date and stored in clean, dry containers with secure lids. Perishables are purchased fresh. Food is stored in a designated covered box, and also a lockable kitchen cupboard. Milk and perishables are stored in a fridge. Only adults may access these storage places. All children and staff wash hands (see Health and Medicines Policy) before preparing and eating food. Practitioners handling and preparing food have training in food hygiene. Any peeling or cutting up is done on a clean, non-porous cutting board immediately before consumption. All sharp utensils are stored out of reach of children. All food utensils and containers are washed, dried and aired after each session. All rubbish and waste food is put in bins with closing lids, bagged and put out after session.

We report any incidence of food poisoning affecting two or more children in our care to Ofsted, the Environmental Health Department and Health Protection Agency as soon as possible and always within 14 days.

**Date:**                      **Signed:**    **Reviewed:**

**Date:**                      **Signed:**    **Reviewed:**