



Food and healthy lifestyles policy

Statement of Intent:

We promote healthy lifestyles with the children and families that attend our settings. This includes: healthy eating, physical activity and ensuring that the food we eat is safe to do so.

All children's health and safety is essential and to ensure this, it is necessary to have procedures in place in relation to allergies and food safety.

Aims:

- To ensure all practitioners are aware of individual children's allergies and dietary requirements
- To ensure all practitioners know the correct procedure to follow if a child were to come in contact with a food source that could cause an allergic reaction
- To ensure that every precaution is taken to prevent cross-contamination
- All Staff to have completed a Food Hygiene course
- To provide food and drinks of nutritional value that enhance the child's health and well being
- To promote national campaigns such as "five a day", "start for life", "change for life" and the children's food trust
- To promote healthy lunchbox content

Food and drink provision:

- Children are able to access fresh drinking water at all times
- Healthy lunch boxes are promoted and should include:
 1. A portion of carbohydrate
 2. A portion of meat, fish, egg, or beans
 3. Some fruit and vegetables
 4. A portion of dairy
 5. Parents can also include an extra item such as a tea cake, malt loaf, banana bread, scone and custard pot etc
 6. Milk and water will be available to all children throughout the day.
- **Parents must not provide anything containing nuts due to children attending settings with severe allergies**
- Menus can be found on display, and these menus are changed three times a year.
- Please speak to your key person about when meals and snacks are provided at your nursery.

- In order to promote good oral health in children, we do not allow children to have juice as part of their snack, tea or lunchtime drinks. Within the Nursery milk or water will be provided for your child, if you wish to bring in your child's own drink bottle it must not contain juice.
- Snack bars run at the Nursery in the morning and afternoon. We ensure that:
 - We offer a variety of foods that are nutritionally balanced
 - We provide milk and water to drink
 - children are involved in the preparation of snacks
 - children are encouraged to access snack times independently.

The eating environment and social aspects of meal times

We believe that snack and meal times are social occasions and an opportunity to teach children about our own culture and that of the world around them. Children are encouraged to follow hygiene routines and to sit down whilst eating.

We have devised robust procedures to manage individual children's specific dietary preferences or allergies, whilst still enabling children to enjoy meal times and use these as social and learning occasions.

This includes:

- Thoughtful, calm preparation leading up to meal times helping children to settle quietly into the meal time routine.
- An invitation for children to become involved in the setting up of the area to be used for mealtimes and the clearing up after the meal.
- Meal times being used as a major opportunity for social interaction with relaxed conversation between practitioners and children. Meal times are also seen as a key learning opportunity.
- Positive discussion with parents/carers and children when dietary requirements exist.

Celebrations and special occasions

Food and drink plays an important role in many special occasions and events. Parents can share healthy cultural recipes in our recipe books and these are often made with the children. We recognise that in British culture children will often bring in birthday cakes to celebrate the occasion at nursery. We use this to promote healthy eating by wrapping up a piece of cake for the child to take home, and when they are collected we encourage the children to eat it as a treat after their next meal.

Providing food for all

We ensure that we provide food for children following special, cultural or religious diets, including children with food allergies, and we aim to manage this appropriately and effectively to do this the following takes place:

- Parents/carers inform the key person and management of any dietary needs at the time of registration/admission and keep practitioners updated throughout their time at the setting.

- All allergy, intolerances and cultural requirements will be displayed in the nursery. Practitioners in the room will also be aware of any parent preferences though these should be kept minimal.
- The child is also made a red allergy triangle with details of the allergy and the child's photo on which is displayed at all meal times
- In cases where Epi pens are required the child will have an individual data sheet with specific information
- Care must be taken when planning messy play and cooking opportunities and the above procedures must be applied.
- Risk assessments on individual children when special requirements exist.
- Measures in place to ensure a child with an allergy cannot come into contact with food other children are eating which he/she may be allergic.
- Older children being encouraged to serve themselves with close supervision.
- An awareness of hygiene for practitioners and children.
- Formal procedures to ensure any special requirements are passed on to the new key person as the child moves through the nursery

It is the manager's responsibility along with the health and safety coordinator to ensure these are kept up to date.

The setting does not serve food containing nuts to protect children with nut allergies.

Encouraging fussy eaters

At ESCC nurseries we recognise that some children may become fussy eaters and develop fear of foods. We support this by:

- Treating every child as unique, what methods work for one may not work for another
- Not overwhelming children with lots on their plates
- Encouraging children to make healthy choices
- To make meal times fun and social experiences rather than solely focused around food.

Cooking with children

Children have a wide range of opportunity to explore food within ESCC Nurseries. We do this by

- Providing food for children in their play e.g. real fruit and vegetables in the home corner, Messy play using foods such as flour, rice, pasta
- Growing their own vegetables
- Preparing their own snacks and meals
- Baking and cooking to share at home

We provide opportunities for parent's termly within the setting to take part in cookery activities with their children. To learn more about their child's nutritional needs and gain ideas for recipes and activities to try at home.

Food Preparation Procedures:

- Whilst preparing any food the practitioner in the kitchen **must** check and sign the allergy chart and ensure all relevant warning triangles are placed on to the prohibited foods (ingredients must be checked on all packet and tinned foods).
- Allergy warning triangles must be placed on all food and drinks that contain any of the ingredients listed on the allergy chart **before** it leaves the kitchen. This should be carried out regardless of whether it is a session the child usually attends or not.
- All food should be prepared with the safety of the child in mind. Therefore, adequate precautions should be taken for example grapes to be cut in half.

Serving Food Procedures:

Practitioners are required to:

- Ensure that **before** any food or drink is given to children the 'allergy chart' must be checked and signed.
- If lone working the practitioner must have a witness before the serving of food.
- Students/volunteers/agency should only give out food and drinks under the direct supervision of a qualified practitioner.
- Understand that the practitioner actually giving a child food or supervising a child taking food from a snack bar and feeding itself is ultimately responsible for ensuring the child does not have prohibited foods as detailed on the allergy charts.
- Ensure that if they take over feeding a child (or supervising a child that's feeding itself) from another practitioner, then they also need to check and sign the 'allergy chart', even if the practitioner taking over has already done so.
- Children should be encouraged not to be able to swap or share food from their lunchboxes due to risk of allergies.
- Ensure, wherever possible that any food not eaten by the child at lunchtime should be left in the child's lunchbox, enabling the parent or carer to be aware of exactly what their child has or has not eaten.
- Discussion with parents/carers and children when dietary requirements exist.

No child is ever forced to eat food they do not want. Equally food will never be withheld as a punishment.

Serving Hot Food Procedures:

To ensure the children in our care do not come into contact with hot food that can cause injury the following procedures are followed:

- All food must be heated to a minimum of 75 degrees centigrade during the cooking process and this temp must be documented (with regards to meats). This should be recorded in the Safer Food Better Business Folder.
- Food must not leave the kitchen area until it reaches 65 degrees centigrade as above this temperature can cause serious burns.
- When food drops below 63 degrees centigrade there is an increased risk of contamination so must be served as quickly as possible.
- When food is being cooled please ensure it is covered and placed safely.

- Metal serving dishes which have been in the oven or holding hot food must not be taken into the room where children are present.

All documentation should be periodically monitored by the management and health and safety coordinator.

Food Safety Procedures:

- On entering the kitchen hands must be washed thoroughly at the hand washing sink and any abrasions suitably covered before any food, drinks or bottles are prepared or handled.
- An apron must be worn. These are to be washed daily.
- Hair must be tied back.
- Correct equipment must be used when preparing food i.e. coloured chopping boards.
- Cloths used to clean the kitchen surfaces should be used once and then discarded to be washed.
- The temperature of the fridge and freezer will be monitored at least twice a day and recorded. Any issues in the kitchen area will be recorded in the Safer Food Better Business Folder.
- Parents and carers are encouraged to bring their children's lunch in appropriate containers, clearly labelled with their child's name
- Parents and Carers are encouraged to cut up food such as grapes, cocktail sausages and cherry tomatoes to minimise choking.
- Lunch boxes should be stored in the main fridge.

There are to be no hot drinks taken in to any areas accessible by the children. Practitioners can access hot drinks on their lunch breaks or whilst working in the office area.

Encouraging physical activity

At Sandown Nursey we are committed to promoting the health and well being of all our children and families. We ensure that children understand the importance of physical activity through positive promotion, role modelling from practitioners and providing constant opportunities for children to be physically active.

The continuous provision in each setting gives opportunity for every child to take part in challenging physical activity based upon their own unique needs. This is planned into the educational programme daily.

We believe that children need to take risks in order to grow in physical confidence, we support children to risk assess their own capabilities, and take the next step in their learning. All our settings have access to well resourced and challenging out door spaces with opportunities to run, climb, jump, roll etc

Links to:

- Statutory framework for the early years foundation stage (2017) DfE 'Safeguarding and Welfare Requirements'