



## **FOOD AND DRINK POLICY**

A healthy diet is important to support and help maintain a healthy body. The Lodge Day Nursery is committed to planning a healthy balanced diet for all children that we cater for within the setting.

We provide children with the knowledge of a balanced diet, healthy eating and a healthy lifestyle during social interactions at lunch, snack and tea.

The Lodge staff support our older children with independence by using age appropriate utensils to feed themselves. Children's free choice is promoted during self serve. The children are able to serve themselves extra food if they wish. Staff are always role modeling good behaviour, promoting positive interactions and table manners encouraging the children to try new foods and textures.

In this policy we will cover:

- Personal hygiene
- Healthy eating
- Food safety
- Allergens
- Staff training
- Children's cooking activities
- Drinks and milks

### **PERSONAL HYGIENE**

To ensure the children practice good personal hygiene and to prevent cross contamination, it is the responsibility of each member of staff to ensure that children are taught these routines before each meal. Children are taught how to effectively approach these routines through discussion and adult role modeling.

All children will be taught how to wash hands correctly using soap, warm water and dried with disposable paper towels. All the children are supervised throughout this process to ensure this becomes well established.

We ensure the staff follow the same procedures as the children to prevent cross contamination. Before each meal staff members are to wash their hands thoroughly and to put on a lunchtime apron.

### **HEALTHY EATING**

The Lodge Day Nursery emphasises a balanced diet by always ensuring we provide meals that are cooked with natural products.

Our nursery chef ensures the meals are cooked with fresh ingredients containing full nutritional value for all the children. Ingredients are sourced from local retail shops and meals are freshly prepared on site rather than ready prepared meals.

Our aim is to minimise the amount of sugar and salt in our meals to ensure we are providing a well balanced diet. Children are provided, where possible, a mixture of wholemeal foods as an alternative to refined. Alongside fresh fruits and vegetables, at least two, with each meal offered daily.

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

- Fruit and vegetables
- Meat and poultry
- Milk products
- Bread and cereals

Our menus are displayed outside each base room which gives parents a detailed chart of what the children will be eating for each meal. The menu is also online for parents to view.

Our menu ensures that we offer an alternative vegetarian meal for the children with food preferences. We also include foods from cultural backgrounds, allowing the children to experience new foods and textures.

The Lodge follows a no nut procedure. This includes all of our freshly prepared meals and ingredients to ensure they do not contain any nut products.

## **FOOD SAFETY**

The Lodge Day Nursery is a registered food provider and has regular inspections from our local authority. We always maintain the highest possible food hygiene standards with regards to storage, preparing and serving foods.

Our current food hygiene rating is 5\* and we are meeting and exceeding all legal requirements with all the control requirements in place

Our Nursery chef is responsible for the preparation, cooking and delivery of lunches throughout the day. Food preparation areas are thoroughly cleaned before use as well as after use. A cleaning schedule is followed by all staff within The Lodge. The Lodge kitchen offers separate facilities for hand-washing and for washing up. All our utensils, food storages etc are cleaned and stored appropriately. Food is stored at the correct temperatures and is continuously checked to ensure we are meeting the legal safety requirements.

The Lodge uses cleaning materials that are all stored away from children's reach and children do not have unsupervised access to the kitchen. Please see our COSHH policy for further information.

## **ALLERGENS**

The Lodge caters for children with all special diets. Before a child starts The Lodge we will gather specific information from the parents/carers that relates to the child's dietary requirements. This includes food preferences, allergies and religious preferences.

The staff will regularly communicate with the parents/carers to ensure all information on record is up to date and relevant. Any changes will be recorded and all staff will be made aware.

During mealtimes children will use blue plates and bowls which differentiates to the staff that they have a special diet. Although the children have a different coloured plate they are not singled out or removed from the social aspect of mealtimes.

All allergens are recorded and there is a copy in each base room, ensuring all members of staff are fully aware. We implement systems to ensure that children receive only food and drink that is consistent with their dietary requirements and preferences, as well as their parents/carers wishes.

As some children have known allergies we kindly request that parents do not bring in food from home unless this has been agreed by the management of the nursery. Any products which are taken in to share with the children (such as a birthday cake) must be shop bought, in the original packaging which clearly states the list of ingredients.

### **STAFF TRAINING**

All staff members involved in the preparation and handling of food have received a level 2 award in food safety-early years. This includes the kitchen staff as they are responsible for providing hot lunches for the children.

This certificate is valid for 3 years and will be updated accordingly.

### **CHILDREN'S COOKING ACTIVITIES**

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
- Do not have unsupervised access to electrical equipment, such as blenders etc

Staff need to ensure they are catering for children with allergies when planning a cooking activity.

### **DRINKS AND MILKS**

We provide the children with fresh drinking water constantly throughout the day. Discoverers, Explorers and Adventurers have drinking stations in which the children are shown during settling in sessions and are aware they can have access to at any point of the day.

At snack times Explorers and Adventures will have access to whole milk. This will be provided in a cup, bottle or tommee tippee cup, depending on the child's development.

Children who are on formula milks when starting the setting, The Lodge will provide Aptamil 1 & Cow & Gate 1. We encourage the parent to discuss with the key person when they are thinking of weaning the child off formula onto cows milk. The key person will then work very closely with the parent during this process.

We cater for all parents who breastfeed their children. As per NHS guidelines fresh breast milk can be stored in the fridge for up to five days. We will ask the parent to provide fresh expressed milk in a bottle/container, clearly dated when expressed and labeled with the child's name. Unfortunately we will not accept frozen breastmilk. Please see the weaning policy for further information regarding weaning.

**Amended - October 2020**