



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 children's independence, going by the child's age and stage, 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 modelling 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 practise 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 modelling.

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 the main Lodge entrance, outside of the Discoverers and Explorers rooms. A separate menu will be emailed to parents of our Adventurers and Preschool children, which gives a detailed chart of what the children will be eating for each meal, which is prepared by the Lower Prep Chef. 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 to be sent to the hello@lodedaynursery.co.uk, which will then be recorded and all staff will be made aware.

During mealtimes children will use blue or red plates/bowls, with colour coded placemats which have their photo and the list of their requirements, being used at every meal time. This then 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. Blue plates/bowls are for preferences and red plates/bowls are for children with allergies/intolerances.

All allergen information is recorded on the child's personal file, each room has a copy of this, alongside a photo card of the child and their information, 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 not to 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 ensure they cater for children who have allergies when planning a cooking activity.

DRINKS AND MILKS

We provide the children with fresh drinking water constantly throughout the day for children to access at all times, as well as providing cows milk (where appropriate) or alternatives alongside their meals. Drinking stations are presented to the children within each room, Discoverers use Tommee Tippee beakers, Explorers and Adventurers children have access to open top cups alongside a jug of water. Preschool requests for children to bring named bottles which will be filled up as and when needed with fresh drinking water.

The Lodge supports babies who are both formula and breastfed. For children who are 1 and under, The Lodge provides Aptamil or Cow and Gate, First infant milk powder. If parent's wish to use another brand, they are requested to provide us with the formula.

In line with NHS guidelines, breastmilk can be stored in a sterilised container or special breast milk storage bags

- In a fridge for up to 8 days
- In a freezer for up to 6 months