

Food and Drink Policy

**Our Aim:**

We regard snack and meal times as an important part of our day at Fowlmere Playgroup. Eating represents a social time for children and adults, and helps children to learn about healthy eating. We promote healthy eating using resources, activities and topics to support children’s understanding on how healthy eating contributes positively impacting upon children’s future choices to healthier lifestyles. At snack and meal times, we aim to provide with support from parents/carers nutritious food, which meets the children's individual dietary needs and contributes to providing children with the energy needed to play and learn.

We maintain the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food. ALL staff responsible for food preparation and handling of food have received training in food hygiene and hold a relevant up to date certificate on site. Playgroup have started supplying snack for the children, this is purchased weekly and consists of fruit and vegetables adhering to our allergies list and ensured it has the best possible best before date.

Our settings Physical and Nutritional coordinator **Jasmine Redrup** will ensure that all snacks provided by parents/carers are nutritious and that she works with parents/carers to support children’s lunch boxes to be as healthy as they can be.

**Procedures:**

We follow these procedures to promote healthy eating in our setting…

* Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies.
* We record information about each child's dietary needs in the Registration Form and parents sign the form to signify that it is correct.
* We regularly consult with parents to ensure that our records of their children's dietary needs – including any allergies - are up-to-date.
* We display current information about individual children's dietary needs in the kitchen so that all our staff and volunteers are fully informed about them and know where to check if needed.
* We encourage nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
* We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones when celebrating different festivals.
* We ask parents/carers not to provide food containing nuts or nut products and we are especially vigilant when we have a child who has a known allergy to nuts.
* There may be times when we inform parents of other food items which we ask to be removed from snack/ lunches should a child join Playgroup with a severe allergy as with the age of the children, they are prone to touching one another’s food and just beginning to learn personal space.

Through discussion with parents and research reading, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks. By asking parents/carers to provide snack and lunch for their children we are ensuring sensitivity is shown for children with specific diet or food related allergies and will ensure that children will not feel singled out because of his/her allergy or dietary need.

**Staff responsibilities:**

* To support children at snack and lunch to develop independence through making choices, serving food/drink and feeding themselves. (Pouring milk or water from a jug at snack themselves)
* To ensure fresh drinking water is constantly available for the children at each session. We ask that all parents/carers provide children with a named water bottle and place it onto our “water station/table” so that it can be easily accessed by them throughout the session/day.
* Ensure parents have been provided with our Pack lunch policy within our registrations packs, when starting at the setting.
* Ensure that staff members sit with children to eat their lunch so that the mealtime is a social occasion and that their own lunch adheres with the settings Pack Lunch policy.
* Complete necessary Food Hygiene Training in order to be able to prepare and handle snack.
* Our staff with responsibility for food preparation understand the principles of Hazard Analysis and Critical Control Point (HACCP) as it applies to our setting. This is set out in Safer Food, Better Business (Food Standards Agency 2011). The basis for this is risk assessment of the purchase, storage, preparation and serving of food to prevent growth of bacteria and food contamination.
* In cooking activities staff will ensure children are supervised at all times, understand the importance of hand-washing/simple hygiene rules; are kept away from hot surfaces/hot water; and do not have unsupervised access to electrical equipment, such as blenders etc…

**Parent’s responsibilities:**

* Providing their children with a healthy packed lunch that adheres to Fowlmere Playgroup’s Pack Lunch Policy and that it contains an icepack throughout the year to keep the contents cool.
* To inform staff members of any dietary requirements, allergies etc… upon starting at Fowlmere Playgroup and update staff if a child develops an allergy/dietary requirements as soon as possible.
* To encourage and support children at home with healthy eating and good hygiene routines surrounding eating and preparing food.

**Food Hygiene:**

We maintain the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food. All our staff who are involved in the preparation and handling of food have received training in food hygiene and will ensure daily opening and closing checks on the kitchen are completed to ensure standards are met consistently/recorded. Food is stored at correct temperatures and is checked to ensure it is in-date and not subject to contamination by pests, rodents or mould.

Staff will ensure that…

* Food preparation areas are cleaned before and after use and are aware of the separate facilities for hand-washing and for washing-up.
* All utensils, crockery etc. are clean and stored appropriately.
* Snack items (fruit and vegetables) are checked for freshness before being prepared and served to the children each day.
* Milk provided by Playgroup is checked before use by smelling and checking best before date and disposed of if needed.
* Waste food is disposed of daily.
* Cleaning materials and other dangerous materials/utensils are stored out of children's reach.
* Children do not have unsupervised access to the kitchen.
* Where children and/or adults have been diagnosed by a GP or hospital doctor to be suffering from food poisoning and where it seems possible that the source of the outbreak is within our setting, it will be reported to the Environmental Health Department to report the outbreak and will comply with any investigation.
* We will notify Ofsted as soon as reasonably practicable of any confirmed cases of food poisoning affecting two or more children looked after on the premises, and always within 14 days of the incident.

This policy was adopted at the meeting of: …….. Fowlmere Playgroup………

Held on: ………………Feb 2019…………..……

To be reviewed: …………Sept 2025 …………………….

Signed on behalf of

Management committee: ……………………………………………

Name of signatory: …………Kayleigh Holwell……………

Role of signatory: …………Chairperson………………..

Update June 2021 Jasmine Redrup Reviewed June 2022 Verity Smith

Updated June 2023 Verity Smith Reviewed Sept 2024 Jasmine Redrup