



Food and Drink – Policy and Practice

Our nursery promotes a healthy lifestyle and a high standard of hygiene in its day to day work with children and adults. We aim to address health inequalities and note that:

- Over 1 in 5 children is obese by the time they start the reception year.
- This is leading to Type II diabetes in children, usually only seen in adults
- Dental health is poor in many children
- Cases of rickets are appearing more frequently
- More than 1:4 children is at risk of iron deficiency, leading to slower intellectual development and poor behaviour.

This is because many children are eating diets high in saturated fat, sugar and salt and are eating less than 5 portions of fruit and veg a day. Becoming used to high salt can lead to serious health difficulties later in life.

Statutory requirements:

Meals and snacks provided by us are healthy, balanced and nutritious.

Before a child is admitted to the setting the provider must also obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements. These will be made known to the room staff and information posted inside the cupboard door in the kitchen.

Fresh drinking water must be available and accessible at all times.

Providers must record and act on information from parents and carers about a child's dietary needs.

The Head of Nursery will inform Ofsted of any food poisoning affecting two or more children within 14 days.

Under 12 months

Breast milk is the best food for infants. We support breastfeeding mothers and provide warm, private facilities for anyone who wants to come in to feed their baby. Expressed milk will be given when provided.

If bottle fed, appropriate formula should be provided as a powder by parents and mixed just before giving to the baby. They should have warm physical contact with an attentive familiar adult. Babies should never be propped up with a bottle.

From 6 months babies should be introduced to a drinking cup and should be discouraged from drinking from a bottle.

Parents must provide baby food and child's milk until the child is able to eat the meals cooked on site. We will liquidise food for smaller children if requested, provided parents are aware that the meals are all prepared in the café, and that parents keep us informed of all allergies and needs.

Health: Food

Reviewed February 2017

Next review February 2018

- When cooking with children as an activity, the adults will provide healthy, wholesome food, promoting and extending the children's understanding of a healthy diet.
Children will wash hands under running water before handling food.
All designated areas where food is prepared will be cleaned appropriately before and after use.
- When parents bring in any food, we will check and it store foods appropriately.

Food

Snack is offered in the morning and the afternoon and is a piece of carbohydrate and a piece of fruit or vegetables. It is good to offer variety and help children come to like a wider range of foods. Our meals are provided by the café and meet guidelines.

Hygiene

The nursery will observe current legislation regarding good hygiene. All staff offering snack will be trained in food hygiene as on the card in the "Better Food" files before doing their first snack.

In particular, each adult will:

- Always wash hands under running water before handling food and after using the toilet.
- Not be involved with the preparation of food if suffering from any infections/contagious illness or skin trouble.
- Never smoke in the kitchen or in any room storing food.
- Never cough or sneeze over food.
- Use different colours of cleaning cloths: Yellow for washing up and red for tables.
- Prepare raw and cooked food in separate areas.
- Keep food covered and either refrigerated or piping hot.

References:

Babies: Eating well in the first year of life, The Caroline Walker Trust

--5 year olds: Eating well for under-5s in child care, The Caroline Walker Trust

1-5 year olds: Eat Better Start Better, the Children's Food Trust

Nutrition Matters for the Early Years, Health Promotion Agency