



Food Policy

Eating together as part of a group helps develop the child's communication, mathematical, personal and social skills. Therefore, we make snack and mealtimes an important part of our day. Healthy eating is promoted through encouraging the children to try different fruit and vegetables, discussions and regular cooking activities.

All staff will have completed a food hygiene certificate.

Allergies or food intolerances are recorded on the children's medical records, updated when necessary and displayed in the kitchen so all staff are aware of them. When a child with food preferences, e.g. is vegan or has allergies, is present we only use appropriate ingredients for that child and the whole group on that day, so there is no risk of cross contamination.

Now we do not offer regular cooked lunch, parents provide a packed lunch which we recommend has an ice pack with it to keep it cool.

Water is available for the children to drink throughout the day, and hot chocolate or fruit tea are offered in colder weather.

Children and staff wash their hands with soap and running water before and after eating and after going to the toilet.

Fish and meat are not brought raw to the site for cooking.

'Safer Food Better Business' guidance by the Food Standards Agency are adhered to.

Preparing Food

- Long hair is tied back
- Hands are washed with soap and running water
- Cuts are covered with a coloured plaster
- Surfaces are cleaned
- Cooking instructions are checked
- Fruit and vegetables are washed
- Other food that is offered eg breadsticks, are in their original packaging so that ingredients can be checked for potential allergens and 'best before' or 'use by' dates are checked
- Children are encouraged to help with preparation when possible
- All equipment is stored in secure, clean conditions and only used for food preparation

- Dustbins are emptied daily; rubbish is removed from site and disposed of appropriately

Storing Food

- Check 'best before' and 'use by' dates
- Only buy the amount of food needed for the activity
- Food that requires chilling or freezing is to be brought to the site on the day that it is needed and kept in the shade in a cool box

Serving Food

- Wash hands with soap and running water
- Ensure that children have their own clean cutlery, plate, bowls, and cups as necessary
- Children must sit down and not be left unattended when eating
- Make sure the food and drink are not too hot for the children, but also make them aware that it is warm
- Food is appropriately covered/ wrapped for children to take home

September 2018

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