1. **Procedure Aim**

We encourage children to develop a positive attitude to food and healthy lifestyles, this is achieved through adopting a whole nursery approach which encompasses children, their families and staff. High standards of safety and hygiene are implemented by all staff

1. **Procedure Statements**

**2.1 Food Hygiene**

* Before adults prepare or handle food they must wash their hands thoroughly and protective clothing must be worn i.e. apron.
* Staff prepare Breakfast and afternoon snack
* Lunch time meals are provided by Stoke on Trent College canteen, the meals are checked on departure of the canteen.
* The lunchtime meals are delivered in serving trays in heat securing caskets
* All food should be piping hot and above 63 degrees.
* Fridge temperatures are to checked and recorded daily using the thermometer probe
* Staff must use the appropriate chopping boards when handling meat, fish, fruit and vegetables. All food should be kept covered and refrigerated where appropriate.
* Due to changes in food standards agency regulations 2014 requires that businesses providing foods must provide information about the allergenic ingredients used in any food they provide, First Steps Nursery provides an allergen folder providing parents with information regarding the 14 main allergens that may be contained in the foods we use to provide breakfast, and an afternoon snack, and allergens from the lunch time menus this is located in the entrance foyer and a copy kept in the nursery office and kitchen. The food that arrives from the college canteen has stickers on the food boxes providing information to the nursery staff of any allergens that may be contained in the nursery lunchtime meals.
* All waste food should be disposed of in the appropriate bins and hands washed after use.
* Dishcloths and tea towels are washed daily.
* Disposable cloths/towels are encouraged to be used in conjunction with anti-bacterial disinfectant spray to wipe the kitchen sides and tables.
* At the start and end of each nursery day staff are to complete kitchen safety and hygiene checks following the process on the information board, these are recorded and checked by management of the nursery

**2.2 Nutrition and mealtimes EYFS 3.45 - 3.47**

Mealtimes should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. First Steps is committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and requirements.

We will ensure that:

* A balanced and healthy midday meal, breakfast and an afternoon snack are provided for children attending a full day at the nursery
* Menus are planned in advance, rotated on a two week rota and reflect cultural diversity and variation. These are displayed for children and parents to view
* We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings
* Parents and children are involved in menu planning
* Fresh drinking water and milk is constantly available and accessible. It is frequently offered to children and babies.
* Individual dietary requirements are respected. We gather information from parents regarding their children’s dietary needs including any special dietary requirements, preferences and food allergies that a child has and any special health requirements before a child is admitted to the nursery. Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child
* Staff show sensitivity in providing for children’s diets and allergies. They do not use a child’s diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy
* Meal and snack times are organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged
* Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves.
* We provide foods from the diet of each of the children’s cultural backgrounds, providing children with familiar foods and introducing them to new ones. Cultural differences in eating habits are respected
* Children are given time to eat at their own pace and not rushed
* Quantities offered take account of the ages of the children being catered for
* We promote positive attitudes to healthy eating through play opportunities and discussions
* The nursery provides parents with daily records of feeding routines for all children under two.
* No child is ever left alone when eating/drinking to minimise the risk of choking

**2.3** All staff that prepare and handle food are competent to do so and hold a Level 2 qualification in food hygiene

**2.4 Food supplied by parents/packed lunches**

Packed lunch/healthy eating. Our aim is to promote a healthy lifestyle within the nursery, as well as the physical outdoor exercise the children will gain on a daily basis we also know the food they eat also has a very positive impact on their future. Whilst we cannot dictate what the parent/carer provides for their child we can help advise them and give them guidance to help support their decisions by providing fun, easy to prepare quick and healthy lunch box recipes. We will continue to encourage children and parents to see the benefits of healthy eating and we will be welcome of any feedback or ideas they may have. We recommend that you provide your child with healthy options and have provided this policy to help you with a few ideas. To meet the nutritional standards we recommend that you provide one from each of the following food groups in your child’s lunch box:

• Starchy food e.g. sandwiches, pasta salads, wraps, crackers.

• Fruit, vegetables or salad.

• Dairy product, e.g. yogurt, cheese,

• Meat/fish/veggie protein option e.g. chicken, tuna, ham, egg, sausages, quorn, quiche.

Below we have provided a few examples to give you a rough idea:

1. Cheese and crackers, banana, fruit yogurt, cereal bar, carton of fruit juice.
2. ii. Crab sticks, bread sticks with houmous, blueberries and grapes, custard pot and flavoured water.
3. iii. Pasta salad with ham, peppers and sweetcorn, cucumber and carrot sticks, jelly pot, pink wafer biscuit and bottle of water.
4. iv. Tuna and sweetcorn wrap, strawberries and melon, mini cheddars, babybel, orange squash.
5. v. Sausage roll x 2, apple and orange, rice cakes x 2, small sponge cake, cubes of cheese, water. We hope these give you a few ideas and an understanding of a balanced diet and the impact it has on your child’s start in life.

Children’s lunch boxes MUST NOT include any sweets, hot food that has been left to go cold or requires heating due to risk of food poisoning, chocolate bars, fizzy drinks or nut/nut products, and we will remain strict in ensuring these are included or given to the children. (Nut or nut products are due to the chance of severe allergic reactions). We will always encourage children to eat their savoury option before the rest and use lunch time sat with the children, as a social occasion, and to role model good manners.

For more information, please take a look at these websites: -

[www.nhs.uk/livewell/healthy-eating](http://www.nhs.uk/livewell/healthy-eating)

[www.bbc.co.uk/food/recipes](http://www.bbc.co.uk/food/recipes)

* Or of course your child’s key person or pre-school manager will be available to answer any questions on this matter.

All packed lunch boxes should be clearly labelled, and packed suitably e.g. child’s closable lunch box. All lunch boxes will be stored in the kitchen away from direct sunlight and heat, although we do recommend a small ice pack is placed inside to help keep food as fresh as possible – especially in the warmer weather of if it includes a dairy product.

If parents wish to supply food for their own child’s consumption on the premises, they must be aware of food hygiene when preparing packed lunches or snacks. This includes checking dates for consumption of both dried and perishable foods.

As consumption of all food on the nursery premises, inclusive of that provided by parents, is ultimately our responsibility, the following policy must be observed at all times.

* Any perishable foods inclusive of dairy and meat products must be identified by parents and labelled with their child's name.
* Any food not consumed by a child will be returned to parents that same day.
* Food brought to the nursery by a parent to meet a child's specific dietary requirements can only be stored on a weekly basis and must be collected at the end of the week.
* Unfortunately, we cannot reheat any meal brought in from home, due to the storage and pre heating measures being out of our control.

**2.5 Healthy living**

Parents are supported by the setting to implement a healthy routine within their homes, this will include how to implement a healthy physical routine through the Change for Life programme, healthy oral hygiene, limiting screen time, wellbeing awareness.

As a setting we will reinforce these messages with:

* A healthy and varied lunch and snack menu
* Fresh drinking water available to children at all times
* Preschool follow the EYFS programme of “dry tooth brushing” after each meal
* Physical activity and outside is available every session for all
* Personal, social and emotional skills are promoted and developed within the setting, on collection and drop off wellbeing is discussed with parents on a daily basis and feelings are addressed in an age appropriate manner.