



Food, Drink and Hygiene Policy

Policy statement

Warrington Road Nursery School regards snack times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating using resources and materials from Halton Healthy Early Years. At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures:

The following procedures promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children with Allergies policy.)
- We record information about each child's dietary needs in her/his registration record and parents sign the record 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. Parents sign the up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs, and this is also clearly marked on the key person's daily record, so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes..
- We provide nutritious food for all 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.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.

- We require staff to show sensitivity in providing for children's diets and allergies. Staff 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.
- We organise snack times so that they are social occasions in which children and staff participate.
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide semi skimmed pasteurised milk.

The following procedures ensure good hygiene is maintained and to avoid cross contamination:

Staff are expected to:

- maintain a high standard of personal hygiene at all times
- wash their hands under running water before handling food;
- not be involved with the preparation of food if suffering from any infectious / contagious illness or skin problems;
- never cough or sneeze over food;
- prepare raw and cooked foods in separate areas;
- keep food covered and either refrigerated or piping hot;
- use separate cleaning cloths for the kitchen from other areas within the nursery.

Snacks are prepared in the nursery snack area / with the children where:

- The person in charge and the person responsible for food preparation understand the principles of Hazard Analysis and Critical Control Point (HACCP) as it applies to their business. This is set out in *Safer Food Better Business*. The basis for this is risk assessment as it applies to the purchase, storage, preparation and serving of food to prevent growth of bacteria and food contamination.
- All staff follow the guidelines of *Safer Food Better Business*.
- At least one person has an in-date Food Hygiene Certificate.
- We use reliable suppliers for the food we purchase.
- 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.
- Food preparation areas are cleaned before use as well as after use.

- There are separate facilities for hand-washing and for washing up.
- All surfaces are clean and non-porous.
- All utensils, crockery etc are clean and stored appropriately.
- Waste food is disposed of daily.
- Cleaning materials and other dangerous materials are stored out of children's reach.
- Children do not have unsupervised access to the kitchen.

Washing hands effectively:

1. Wet your hands thoroughly under warm running water, put liquid soap into the palm of your hand.
2. Rub hands together to make a lather.
3. Rub the palm of one hand along the back of the other and along the fingers. Then repeat with the other hand.
4. Rub in between each of your fingers on both hands, round your thumbs and then your fingertips and nails.
5. Rinse off the soap with clean water.
6. Dry hands thoroughly on a disposable towel. Turn off the tap with the towel then throw the towel away.

When taking part in food technology activities, children:

- 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 access to electrical equipment.

Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

Further guidance

- *Safer Food, Better Business*
www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/

Other useful Pre-school Learning Alliance publications:

- Nutritional Guidance for the Under Fives (2005)