



## **Food and Drink Policy**

At Alexandra Park CLC we work towards promoting a healthy nutritious balanced diet of food and drink for our children and staff. We believe in offering a holistic education to the children, and a main part of our day is sharing food together and enjoying meal times.

“Where children are provided with meals, snacks and drinks, they must be 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. Fresh drinking water must be available and accessible at all times”- Statutory Framework for the early years foundation stage 2021, page 33.

## **Procedure**

- Upon registration, we will obtain the relevant information from parents/carers regarding the child's dietary requirements and allergies.
- Parents have to bring an Action Plan related to the allergies that the children had been diagnosed with. The Action Plan can tell the staff and other caregivers about your child's severe allergies and how they can be managed.
- A list of dietary requirements is discretely displayed in the relevant rooms and is shared with all staff members.
- Every child with dietary requirements/allergies has a place during meals time.
- Children with dietary requirements/allergies should be supervised closely by a staff trained on food hygiene.
- Every day we will give parents of the children in the nursery a “daily” sheet, which records what the child has eaten, how much and at what time.
- We ensure that children take an active role in meal times where appropriate serving food, laying the table, giving out cups etc. as we believe it is an important learning and social experience.
- We will provide children with clean and age-appropriate crockery and eating utensils. We will respect the diversity of practice around mealtimes e.g. use of chopsticks or fingers for eating.
- Our menu is displayed on our menu board in our main corridor along with the relevant allergen information and in each Parent 's board inside the rooms.
- We have a full time chef onsite who freshly prepares our meals each day.
- We operate on a two week menu cycle over a quarterly period. This is to ensure that we are consistent with children's dietary requirements and parents/carers can work with at home a balanced diet for their children.
- The menu is reviewed every three months to ensure meals are updated and are in line with seasonal food products.
- We ensure that the recommended fruit and vegetable portions are included in our meals/ snack times throughout the day.
- We offer a range of cultural dishes: English, Caribbean, Asian and European.
- Water is our main source of fluid and is available all throughout the day, both indoors and outdoors.
- Full fat milk is offered at snack times.

- Pure orange juice is offered on occasion in line with festivals and some cultural dishes.
- The children are offered snacks and water throughout the day, which consist of seasonal fruit/vegetables and usually a carbohydrate
  - Staff are to role model during lunch/snack times, eating with the children, modelling healthy eating habits and contributing to good manners and health.
  - Staff are to ensure that the children are aware of good hand washing procedures and how these are carried out.
  - All staff to undertake the relevant food hygiene training. As a provider of meals and snacks we are aware of our responsibilities under food hygiene legislation.
  - We will ensure suitable sterilisation equipment for babies' food. Please see separate "Baby food/drink" Policy
  - Each child will be made to feel special on their birthday. Parents/carers are welcome to bring in a cake but we can only accept items that have a full list of ingredients, this can include homemade or shop bought. We cannot accept cakes that contain nuts.
  - If there is an outbreak of food poisoning affecting two or more children looked after we will notify Ofsted as soon as possible but definitely within 14 days of the incident occurring in order to comply with regulations.

Date – August 2021

Signed Manager –

Review – August 2022

Signed Director –