



Food and drink Policy

At Little Elms we use the Food standards agency 'Safer Food, Better Business' document. Within this document is all the current guidance on:

- Cross Contamination
- Cleaning
- Chilling
- Cooking
- Management

There is also up to date information relating to the prevention and cross contamination of EColi 0157.

We share our 'Eat Better, Start Better' booklet with parents and practitioners.

The Staff ensure the daily temperature log and kitchen checklist is completed.

For more information, see 'Safer Food, Better Business' document.

At Little Elms we promote healthy eating to support children's healthy lifestyles. Eating represents a social time for the children and adults and helps children to learn about healthy eating. Practitioners support and are always sensitive when providing food for children's individual diets and allergies. We believe that it is important for children to experience different foods and tastes. We sometimes try foods from a variety of cultural backgrounds, providing children with familiar foods and introducing them to new flavours and textures.

We provide healthy nutritious snacks, which meet the children's individual dietary needs. Children are encouraged to access fresh drinking water throughout the day.

The children are encouraged to be independent through making choices, serving food and drink and feeding themselves.

We will meet the full requirements of the Statutory Framework for the welfare requirements on food and drink and the School Food Plan

To ensure this happens we will:

- Find out from parents/carers their child(ren) dietary needs, including any allergies before they start.
- Record any information about a child's individual needs on an individual care plan.
- Discuss with parents on a regular basis their child's care plan to ensure it is up to date.
- State that parents/carers are responsible for informing the setting of any changes to the information provided on their child's individual diet sheet.
- Display a list of current children and information about individual dietary requirements both in the kitchen and the playroom to ensure that all practitioners, students and volunteers are fully informed.



- Implement systems to ensure children receive only food and drink that is consistent with their dietary requirements. In order to protect children with food allergies, we encourage children not to share or swap their food with one another.
- Display the menu for snack on our outside information board.
- We are a nut free preschool. Take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known nut allergy.
- Display all other possible allergens present on the snack menu – which is displayed in the kitchen, playrooms and outside.
- Only snack food with salt and sugar under 1.5g per 100g will be used.
- Encourage children to eat a 'rainbow of colours' by providing 2 veg/fruit each day of different colours
- Provide fair-trade, local, seasonal and organic produce.

Food Hygiene

All practitioners in the setting have appropriate food handling training Level 2 and these are updated when required. They are aware of the food and drink policy and adhere to this when dealing with food.

Every day the fridge and freezer temperatures are recorded to ensure they meet national standards.

Preparation for Snack and Lunch Times

All practitioners will comply with the following guidelines and ensure they have read the centres Safer Food, Better business document.

- Ensure tables are cleaned appropriately using a damp cloth
- Using the anti bacterial spray and blue paper towel over all the tables.
- After snack/lunch times wipe away any excess food using the damp cloth.
- Using the Anti bacterial spray and paper towel ensures the tables are wiped thoroughly; ensuring edges of the tables are wiped.
- If there are spillages on the floor the paper towels will be used.
- The floor needs to be thoroughly swept using the correct broom, dustpan and brush.

Nutrition

What is a healthy diet?

A healthy diet is one which allows a balance of different foods. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

Diet and exercise is linked and we actively promote and teach children and their families about the need for healthy foods, regular exercise and sleep through the food we provide, regular discussions and our curriculum.

We ask for the children to bring in a named bottle with water they may have Squash as a drink for lunchtime. Occasionally we will offer weak squash in the summer to encourage children to drink. If parents do not wish their child to have squash they need to inform the staff.

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