



HEALTHY EATING & FOOD HYGIENE POLICY

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Healthy Eating and Food Hygiene Policy

POLICY STATEMENT:

'In our setting we maintain the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food. Lunch and snack is provided by the children or catering company and written permission is obtained for children to taste other foods. We recognise that feeding young children a nutritionally adequate diet is of lasting importance and encourage and support parents in making the right choices for their children'

HEALTHY EATING – SNACKS and LUNCHES:

Children provide their own snacks and provide their own lunches. A list of allowed and banned foods is distributed to all our parents before their child starts.

Children provide their own bottle of water, with us being able to refill them when needed, and offered milk to drink during snack times. All children bring their own water bottles, which are easily accessible in the classrooms.

Lunchboxes are stored in a cool place that is accessible to the children. Parents are advised to place cool packs in the lunch boxes during the summer months. No food is prepared on the premises.

Parents and carers are asked to notify staff of any special dietary requirements at enrolment and completed on their child's paperwork before they start. Allergies and food intolerance are specially noted in all of the classrooms and catered for appropriately.

Snack time is a pleasant and relaxed social experience enjoyed as a group, and an excellent opportunity to build children's social skills. Snack time is fruit only with water/milk to drink.

Table manners and eating skills are promoted, as well as hand washing before any meal times.

No child is forced to eat or punished for not eating. Uneaten food is returned in lunchboxes to give parents an accurate idea of consumption. For children in the baby and toddler room, all meals are recorded on the EyLog daily for parents to access.

HEALTH & SAFETY and FOOD HYGIENE:

Snack mats and tables are cleaned with anti-bacterial wipes and spray before and after each use.

All utensils and equipment are cleaned and stored appropriately. A safe storage area, out of children's reach, is used to keep sharp knives, cleaning materials, etc.

Children and adults are provided with hand gel before snack and lunchtimes.

Tea towels will be kept scrupulously clean and washed after each session. Different cleaning cloths are used for the kitchen and toilet areas.

Waste is disposed of daily and out of reach of the children.

No adult or child is involved with the preparation of food if suffering from any infectious/ contagious illness or skin trouble.

HEALTHLY EATING AND THE CURRICULUM:

We make the most of opportunities to use food to enrich the Curriculum in the following ways:

Snack time helps to develop a child's personal and social skills.

Introducing foods from other parts of the world introduces tastes and smells found in exotic places and can develop knowledge and understanding of the world and the rich variety of cultures within it.

Families' ethnic and cultural traditions are observed to ensure that children from all backgrounds have the opportunity both to encounter familiar tastes and try new foods.

Food provides a fun and tasty way of introducing shapes, textures, fractions and mathematical language.

We enjoy stories, poems, songs, rhymes and reference books about food.

We talk about the importance of a balanced diet including lots of healthy foods to keep ourselves fit, healthy and enable us to grow.

The school may make visits to farms, shops, supermarkets and market gardens.

We use some food items in arts and crafts to explore textures, colours, shapes, printing, etc

Exploring food develops sensory perception (taste, smell, texture, sound, shape, colour) and associated language.

COOKING ACTIVITIES:

Cooking and baking activities generally provide healthy, wholesome food, promoting and extending the children's understanding of a healthy diet.

The children are supervised at all times and kept away from hot surfaces and hot water.

Aprons, used exclusively for baking and cooking activities, are provided whenever food is being prepared.

All children using utensils or equipment for cooking or baking are closely supervised.

The children understand, and are reminded of, the importance of hand washing and simple hygiene rules.

Fresh fruits and vegetables are washed thoroughly before use.

Annex A: Lunchtime Procedure

1. At 12 midday some children will go home and the rest will stay for the afternoon. All pupils staying for lunch are encouraged to visit the toilet and must sanitise their hands with anti-bacterial gel before starting their meal.
2. A member of staff is responsible for naming and distributing the hot lunches on each table. This practitioner ensures that dietary needs are met and that the meals have been cut, opened and prepared for the children as appropriate for each age group.
3. Children are given the opportunity to find their own names and water bottles at the table, helping to improve letter recognition.
4. Grace is said as soon as all the children are seated. Children who have been seated beforehand, may open their lunches whilst they wait for everyone to arrive, but may not start eating until everyone is there.
5. No child is allowed to get up from the table during lunch. Having been given the opportunity to visit the toilet before lunch, visits to the toilet are not encouraged except in an emergency.
6. At least one member of staff sits on each table. Staff use the time to engage in free conversation with the children and demonstrate a positive attitude to food and lunchtimes.
7. It is important that the children are discouraged from talking with their mouths full, and are encouraged to eat their lunch with appropriate table manners.
8. Occasionally, a child may bring chocolate, biscuits and inappropriate items in their packed lunch – please keep an eye on this and write a note in their diaries and offer support in suitable lunch ideas. Please let a member of management know if the problem is not resolved so that they are able to assist the family appropriately.
9. We encourage the children to eat the lunch provided and to have a positive attitude to trying new foods. However, we will not force any child to eat something they do not like or to continue to eat if they are feeling full up.
10. Children having a packed lunch are asked to take home any uneaten food so that parents know exactly what they have eaten as well as noticing their children's likes and dislikes.
11. Staff should ensure that messages are passed to a child's keyworker if they show unusual eating patterns or a dramatic change in appetite. They should also ensure the children are handed over to their partnered member of staff before cleaning and tidying away.
12. Pupils who have finished their lunch are able to engage in conversation at the table but must sit and wait for their friends to finish before their outdoor play session.

Grace: *For what we are about to receive, may God make us truly thankful, Amen.*