



St Tudy Pre-school

Food and Drink

Our pre-school is committed to providing healthy, nutritious and tasty food and drinks for the children during our sessions. The manager and staff will make every effort to ensure that food and drink is safely prepared and sensitive to the dietary, religious and cultural requirements of all the children.

When preparing food and drink, staff will be mindful of the need of hygiene so as to ensure that the safety of staff and children is paramount. In addition to these provisions, staff will be careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.

The manager and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. All staff who, either handle or prepare food, have up to date Food handling Certificates and are fully trained in food storage, preparation, cooking and food safety.

As part of a child's settling in period, the pre-school requires that the parents/guardians/carers complete the Enrolment pack, including information about any special dietary requirements or allergies the child suffers from. The manager and staff will ensure that food and drink offered to the child takes account of this information, so as to safeguard their health and meet, as far as possible, their particular dietary needs.

No child will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or reward.

Healthy Under 5's & Snacks

The pre-school recognises the importance of healthy eating and a balanced and nutritious diet. With this in mind, the pre-school will endeavour to make a variety of foods available that are unprocessed and fresh. The manager and staff will encourage all children to try new foods and understand the importance of a healthy diet.

The pre-school will not regularly provide sweets for the children and will avoid excessive amounts of fatty or sugary foods. The pre-school will provide a choice of drinks, milk and fresh water and will ensure fresh drinking water is available at all times. Children over 12 months old will be encouraged to drink from a free flow cup.

Packed Lunches

The Pre-School aims to make a positive contribution to our children's health and wellbeing within the setting. We strive to provide consistency between the food we provide within the setting and food brought in from home.

We will discourage the consumption of sugary or fatty foods and educate children on the benefits of healthy choices with food. We will provide a balanced snack within the setting and encourage parents who choose to send children with a packed lunch to do the same. We will actively encourage parents to provide nutritious, healthy packed lunches for children and will provide helpful resources on this subject to assist parents to achieve this.

Packed lunches are stored in the fridge, the temperature of which is monitored on a daily basis as part of our daily checklist undertaken before the Pre-School is open. Temperature must be a minimum of 5 °c or below.

Cultural and Religious Diversity

The pre-school and its staff are committed to embracing the cultural and religious diversity of the families who use our services. The manager and staff will work with parents/guardians/carers to ensure that any particular dietary requirements are met.

The pre-school is also keen to help introduce children to different religious and cultural festivals and events through different types of food and drink.

Birthdays, Special and cultural occasions

Birthday cakes provided by parent/guardian/carer will be shared during snack time alongside healthy option.

Special/cultural occasions, children will be offered a sweet and/or savoury food indicative to that occasion. For example, at Easter time, the pre-school will hold an Easter egg hunt and each child will receive a miniature egg.

Kitchen Hygiene

All areas where food and drink are stored, prepared and eaten, are prone to the spread of infections. Therefore, the manager and staff are particularly careful to observe high standards of hygiene in such instances. To this end, the following steps will be taken:

- Waste will be disposed of safely and all bins will be kept covered
- Food storage facilities will be regularly and thoroughly cleaned
- Kitchen equipment will be thoroughly cleaned after every use.
- Staff and children will wash and dry their hands before coming into contact with food
- If cooking is done as an activity, all surfaces and equipment will be thoroughly cleaned before and after the session.

Additionally, the manager and staff will be aware of the provisions set out in this Food and Drink policy when handling, preparing, cooking and serving food and drink at pre-school.

Checklist completed daily for Kitchen opening and closing checks.

COVID 19

Where food is provided, in circumstances where there is shortage of food supplies, it may be necessary to ask parents to supply a packed lunch. The following procedures must be followed:

- Babies and toddlers' hands are washed prior to being given food or drink.
- Staff who are eating with the children must role-model hygiene best practice.
- Tables are never overcrowded during mealtimes. Some social distancing is encouraged even though it is acknowledged that children will play in close proximity for the rest of the session.

