

CHADDLEWOOD PRE-SCHOOL AND WOODIES OUT OF SCHOOL CLUB



WESTFIELD, PLYMPTON, PLYMOUTH, DEVON. PL7 2EU



Food and drink

(including snack and food items used during play e.g. cooking activities)

Policy statement

This setting regards snack and meal 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. At snack, we aim to provide nutritious food, which meets the children's individual dietary needs. Information on dietary needs is gained from the parents on registration. We also recognise the value of children exploring food through play and cooking activities. We currently buy all our produce from Tesco online. We identify allergies from Tesco website and check packaging before children ingest food supplied. We promote healthy eating our setting by ensuring our snacks are healthy, balanced and nutritious.

Procedures

We follow these procedures to 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 known allergies.
- 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 so that all staff and volunteers are fully informed about them, and where necessary have a Care Plan for that child.
- We display the menus of snacks for the information of parents at Woodies
- 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, however many foodstuffs now say "Cannot Guarantee Nut Free Factory" or similar and these may be given but not to a child with a known allergy.
- 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 singling out.
- We ensure all staff are Food Hygiene Level 2 trained and are aware of allergens.
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves, providing children with utensils that are appropriate for their ages and stages of development and that take in to account their culture.
- We have fresh drinking water available for the children.
- 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. We supply oat milk (or other) for children with allergies and intolerances
- Please do not supply children with fizzy drinks or undiluted fruit juice.
- We ensure all our staff are food hygiene trained
- We encourage children who may be a fussy eater and work with parents to ensure strategies are the same both at home at in setting.

Packed lunches

Adults sit with children during lunch club at preschool. Children are encouraged to leave any sweet items until they have consumed their healthy food first. Where a lunch box contains a lot of unhealthy food, we offer further information and advice to parents/carers.

Before a child starts with us at preschool, we provide parents and carers with information and advice on the following:

- ensure packed lunches are kept cool as long as possible by putting an ice pack in.
- An example of a healthy lunch box
- To avoid foodstuffs with peanuts in case we have a child with an allergy.
- To avoid putting in sweets.
- We reserve the right not to give a child food that we deem has perished eg. Out of date items.
- If you would like any of the perishable contents of your child's packed lunch putting in the fridge please put it in a named zippy bag and pass it to a member of staff.
- To please ensure that cherry tomatoes and grapes, as well as other spherical food stuffs are cut in quarters to reduce the size and provide a flat surface
- We ask that you supply your child with a named water bottle which could contain lightly flavoured squash or water, no fizzy drinks please. We will replenish with water when required.
- We ask that the drinks bottle you provide is free flowing and does not have a teat or valve.

Hot School Lunch

- Chaddlewood School provide our hot lunches
- These are collected from the school kitchen and transported in 'hot boxes' to each building
- The meals are temperature tested at Chaddlewood School and then again at preschool where this is recorded
- A list of allergens is available from the school kitchen on request.
- Chaddlewood School are able to provide meals for children with allergies

Food during Play and Learning

- Children are more creative and make better links when playing with items they are familiar with.
As standard procedure children may play with the following food items during role play and:
Pasta, Rice, Flour, Cornflour, Noodles, Lentils, Barley
- We also make our own play dough using wheat flour. Thus, some of the above will contain gluten.

- Children love to cook and we will use ingredients that may contain gluten, eggs, milk and sulphites.

Food brought in by families for the children e.g. Birthday Cake

This must be packaged and shop bought with clear details of ingredients and allergens.

Food allergy regulations.

In 2014, the EU Food Information for Consumer Regulation (EU FIC) came into force. Providers have a legal responsibility to provide the correct allergen information about the ingredients that is in the food made available to children and adults. If this legislation is not followed and a child has an allergic reaction the provider could be liable to litigation.

The EU has listed **14 allergens** that need to be identified if they are used as ingredients in a dish. The 14 food allergens are; celery, cereals containing gluten, crustaceans, eggs, fish, lupin, milk, molluscs, mustard, nuts, peanuts, sesame seeds, sulphur dioxide and soya. As a food business serving loose foods, you will have to supply information for every item on your menu that contains any of the 14 allergens as ingredients. Details of these allergens need to be listed clearly in an obvious place such as a menu, chalkboard or information pack.

Management of the food allergy regulations

If it is not provided upfront, the provider will need to signpost (see further information box) to where it can be obtained, either in writing or verbally.

To help to identify which dishes contain allergens:

- make sure your setting uses the same recipes every time
- keep a copy of the ingredient information on labels of pre-packed foods for example, sauces, desserts etc.
- keep ingredients in the original containers where possible, or keep a copy of the labelling information in a central place (either on paper or stored electronically)
- make sure that staff are aware of where this allergen information is stored and how it is kept
- ensure that the allergen information is kept up to date (for example, if recipes are changed or products substituted)

- always check deliveries to make sure what is delivered is what was ordered. Ensure that the relevant labelling information is provided with the order
- make sure that any records are updated, to help trace back to the source of your information
- check that the food delivered is the same brand that is normally used, as different brands might have different ingredients.

Hot Drinks

- Staff are permitted have hot drinks during their designated break.
- Hot drinks must be kept away from children and consumed in the kitchen or brought into the area away from children where staff have their lunch

Dental health

- We ensure that children brush their teeth in the setting.
- Staff model good toothbrushing routine
- Toothpaste (1450ppm) and toothbrushes are supplied
- All staff are trained to ensure there is no cross contamination of brushes
- Tooth brushes are stored safely
- Toothbrushes are replaced when worn
- Toothbrushes are replaced termly
- Tooth brushes and equipment is cleaned once a week
- Home packs are supplied twice a year to children
- Parents permission is sought before their child can partake in toothbrushing in setting

Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs
- The Food Information Regulation December 2014

Further guidance

- *Safer Food, Better Business*
[Safer food, better business \(SFBB\) | Food Standards Agency](#)

This policy was adopted at a meeting of

Chaddlewood Preschool and
Woodies Out of School Club

Held on

_____ (date)

Date to be reviewed

_____ (date)

Signed on behalf of the management committee

Name of signatory

Role of signatory (chairperson)
