

Oaks Nursery Food and drinks policy

We aim to:

- Ensure that any drinks and snacks are prepared safely and hygienically.
- Inform parents of procedures in place for the storage and consumption of branded prepared baby food
- Inform parents of food allergen management
- Support parents in making appropriate food choices for children
- Make available drinking water to all children and adults in the setting

Food service

Food handling and preparation

All staff over time are expected to hold a relevant Food Safety certificate. Guidelines for personal hygiene practices and food management systems can be found in the following documentation and are available on our website; www.oaksnurserykent.co.uk

- Oaks Nursery Food Safety Policy
- Personal hygiene policy

To ensure that the risk of food contamination, or related illnesses are minimised we will:

- Appoint a health and safety person responsible for overseeing that Environmental Health regulations are adhered to (or manager/deputy manager in the absence of a representative).
- Ensure that staff receive updated information on changes with legislation and best practices.
- Ensure that all staff are aware of personal hygiene policy and sign personal hygiene agreement.
- Ensure staff handling or preparing food hold a current Food Hygiene certificate, or are knowledgeable in the preparation/ handling and storage of foods.
- Keep records on cleaning schedules and food temperatures as required by the Chartered Institute of Environmental Health.
- Ensure that food stuffs are stored, handled and re-heated in accordance with the hygiene regulations.

- Reheat food once, and anything not consumed within one hour will be discarded.
- Report any outbreaks (=2 or more children or adults) of food poisoning to Ofsted.

Food Allergen Management

To help us manage the risks associated with food allergies or intolerance the nursery has the following in place;

- Pre-entry information from parents
- Induction information from staff
- Food allergen risk assessment
- Excellent food hygiene practices (5* rating 2013)
- Written procedures for children with food related conditions

To ensure that we provide a safe environment for both children and adults who may have intolerances or allergies the following restrictions to foods apply;

- No nuts or nut based products to be brought into the nursery either dried, in spreads or cereal bars

This information will occasionally be updated or changed to reflect the needs of new children or adults joining the nursery.

Working in partnership with parents

We aim to work proactively with parents and children by supporting their meal choices, and meal time experiences by;

- Respecting individual children's dietary requirements and requests
- Respecting cultural differences in eating habits and practices
- Consult with parents regarding high risk foods

We endeavour to include food that is integral to meals experienced at home. Parents are encouraged to share their favourite meals and recipes with us. Our menus are reviewed regularly, and prior to reviews taking place families have the opportunity to give feedback on favourite and less popular meal choices.

For young babies we provide a selection of pureed fresh vegetables and fruit using quality ingredients. For more information please discuss with your child's key person or the Supervisor for Caterpillar Butterflies room who can offer weaning support.

We are unable to accept food prepared at home, alternatively we will reheat a branded, unopened baby meal if you prefer.

Sometimes parents may wish to bring in cakes for sharing on birthdays. Please note that we are only able to accept products in sealed, original packaging detailing ingredients and 'use by' information.

Good practice

Oaks Nursery staff will act as role models to help children develop healthy eating practices lifestyles. We do this by:

- Encouraging children to eat a 'little of everything'
- Allowing children to eat at their own pace.
- Supporting children who choose not to eat, or have poor appetites by encouraging them to observe others who are enjoying their food.
- Having clear procedures for supporting children with food allergies or specific dietary requirements.

Developing social interaction skills

Snack and meal times are an ideal opportunity for children to practice their language, turn taking and concepts of social interactions. Therefore;

- Staff will sit with children for the duration of a meal, and may eat with them on occasion
- Conversations will be encouraged, at the appropriate level
- The understanding of 'please' and 'thank you' will be introduced, and adapted to the developmental level of the child, unless parents express other preferences
- Older children will be supported in developing independence by having opportunities to self-select snacks and tea, and setting up and clearing away their meals and snacks.

Adopted on: 22nd January 2009

Signed on behalf of The Oaks Day Nursery

Name: Chris Comper

Job title: Nursery Manager