

**Food and drink policy**  
**Food Hygiene**

**Statement of intent**

First Steps regards snack times as an important part of the session. Eating represents a social time for children and adults and helps children to learn about healthy eating.

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.3 Keeping safe 1.4 Health and well-being			

**Aim**

At snack times, First Steps aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of The National Standards for Day Care on Food and Drink (Standard 8).

**Staff**

At least one staff member in food section to have current Food Hygiene certificate.  
Our daily checks include the temperature of the fridge.  
We have a cleaning rota for the kitchen area (displayed in kitchen).

**Methods**

- Before a child starts to attend First Steps, we find out from parents their children's dietary needs and preferences, including any allergies.
- Information about each child's dietary needs is on her/his registration form and parents sign the record to signify that it is correct.
- First Steps regularly consults 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.
- Current information is displayed about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- Systems are implemented to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- Nutritious food is provided at the snack time, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.

- There will be a selection of foods available at the snack time such as various fruit, vegetables, breadsticks and toast with various toppings.
- The children will be encouraged to wash their hands before snack; prepare the snacks where appropriate and wash their plates up afterwards.
- 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.
- First Steps requires staff to show sensitivity in providing for children's diets, allergies or religious/ cultural practices. Staff do not use a child's diet, allergy or religious/ cultural considerations as a label for the child or make a child feel singled out because of her/his diet or allergy.
- Snack time is organised as a social occasion in which children and staff participate.
- Snack times are used to help children to develop independence through making choices, helping with food preparation and drink and feeding themselves.
- We encourage common courtesies such as saying 'please' and 'thank you'. We plan snack-time as a regular, pleasant and social event.
- We encourage the children to take turns, serve food, share and be polite.
- For shared lunch activities (such as Christmas party) and cooking, we complete a food allergy sheet displayed on the door for parents. Food provided at snack is also recorded on the common allergens sheet displayed in the kitchen.

#### **Availability of water**

- We have fresh drinking water in named water bottles readily available for children; and water available for staff at all times inside and outside.
- We encourage the children to help themselves to water, either with support or independently.
- We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.
- Children are reminded throughout the day to drink.
- For children who drink milk, we provide whole pasteurised milk which is kept at the correct temperature and in date.

#### **Packed Lunches**

- We inform parents that perishable contents of packed lunches can be refrigerated. We encourage the use of cool packs in sandwich boxes.
- We encourage parents to provide sandwiches with a healthy filling, fruit and milk based desserts such as yoghurt. We discourage sweet drinks and can provide children with water or milk.
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks, cakes and biscuits (on the parents' board – information on healthy eating topics).
- We provide children bringing packed lunches with plates, cups and cutlery if required.
- We ensure staff to sit with the children to eat their snack and lunch so that the mealtime becomes a social occasion.

- We cannot heat, or warm food bought in by parents for children at the setting in line with advice from environmental health.

**References**

**Safer food, better business for childminders - Food Standards Agency. Includes information about Campylobacter, Straphylococcal, E.coli, safe handling of food etc.,.**

This policy was adopted at a meeting of	First Steps Fountain Of Life Pre-School Staff Meeting
Held on (date)	
Signed on behalf of the Management Team	
Role of signatory (e.g, chairperson etc)	
Review date	