

Noah's Ark Nursery Food & Drink Policy



NOAH'S ARK NURSERY POLICY

Food and Drink Policy

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Lead Executive/Director:	Vicky Preece, Associate Director of Nursing and Therapies and Lead Executive Nurse
Name of originator/author:	Sue Lahiff, Matron, Evesham Community Hospital
Target audience:	Nursery staff, children and children's parents and carers.

All staff must ensure that no one in the organisation discriminates (directly or indirectly) or victimises another person or patients on the grounds of sex, age, disability (including reasons of a person's association with disabled people), race or ethnicity, religion or belief, gender, including transgender men and women, sexual orientation, marital status or any other unjustifiable condition or requirement

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Food and Drink

CONTRIBUTION LIST

Key individuals involved in developing the document

Name	Designation
Andrea Gilks	Acting Nursing Manager
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Sue Lahiff	Hospital Matron/Manager
Della Lewis	Clinical Governance Manager
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Promoting health and hygiene

Food and drink

1. 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. We promote healthy eating using resources and materials from the Pre-school Learning Alliance campaign **Feeding Young Imaginations**. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

2. Early Years Foundation Stage (EYFS) Key Themes and Commitments

Children learn about food and drink as part of the Early Years Foundation Stage (EYFS) curriculum.

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

3. Procedures

We follow these procedures to promote healthy eating in our nursery.

- Before a child starts to attend the nursery, we find out from parents their children's dietary needs and preferences, including any allergies (see the Managing Children with Allergies policy.)
- 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.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We display the menus of meals/snacks for the information of parents.
- We include a variety of foods from the four main food groups:
 - meat, fish and protein alternatives;

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- dairy foods;
- grains, cereals and starch vegetables; and
- fruit and vegetables.
- 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.
- 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 the child or make a child feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- We inform parents who provide food for their children about the storage facilities available in the nursery.
- We give parents who provide food for their children information about suitable containers for food.
- 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 whole or semi-skimmed milk.
- For each child under two, we provide parents with daily written information about feeding routines, intake and preferences.

4. Packed lunches

When we do not provide cooked meals and children are required to bring packed lunches, we:

- ensure perishable contents of packed lunches are refrigerated;
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraîche where we can only provide cold food from home. We discourage sweet drinks and can provide children with water or diluted fresh fruit juice;
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;
- provide children, bringing packed lunches, with plates, cups and cutlery; and
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

5. Disseminating and Implementing this Policy

All nursery staff will be required to read this policy on their induction and to comply with the contents of the policy. The policy will be kept in the policy point folder and will be available for staff to refer to at all times.

The implementation of the policy will be monitored by crèche staff on a day to day basis.

If incidences of non-compliance do occur, this will be dealt with on a case by case basis through performance management of staff.

Any adverse incidents will be recorded and reviewed to ensure the policy is fit for purpose.

The policy will be formally reviewed at least every three years.

Appendix 1

Basic kitchen opening and closing checks template

Noahs Ark Nursery

This form, to be completed daily, is for small early years settings providing snacks and/or packed lunches only. Settings providing full meals should use *Safer Food Better Business* opening and closing checks.

Enter a tick ✓ and initial if satisfactory.

Enter X and initial if a problem and make a note below. Add action taken and if problem is resolved sign and date.

TO BE COMPLETED DAILY

Opening checks date:

Personal hygiene:

- Hands washed.
- Clean apron.
- Hair tied back.

Fridge /freezer:

- Working properly.
- Temperature checked – record temps.
- Raw and cooked food separate.
- Separate containers for shared fridge.

Appliances working:

- Cooker.
- Microwave.
- Kettle.
- Blender.
- Dishwasher.

Cloths clean:

- Dish.
- Surface.
- T-towels.

Children’s food allergies checked (see list).

Food fresh and in-date.

Packed lunches checked and used within 4 hours of preparation.

No physical or chemical or pest contamination of stored food.

Closing checks date:

Unused food put away correctly.

Leftover food and past sell-by-date food discarded.

Crockery and utensils washed up and put away dry.

Rubbish removed/bin cleaned.

Dirty cloths removed for washing and replaced.

Work surface clean and disinfected.

Floors clean.

Report any problem(s) here

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Action taken

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Assessment Report Template

Your Equality Impact Assessment Report should demonstrate what you do (or will do) to make sure that your function/policy is accessible to different people and communities, not just that it can, in theory, be used by anyone.

1. Name of policy or function Food and Drink - Creche
2. Responsible Manager Sue Lahiff
3. Date EIA completed November 2010
4. Description of aims of function/policy To ensure children who attend the nursery have their dietary needs met.
5. Brief summary of research and relevant data In accordance with Early Years Foundation Stage curriculum policy.
6. Methods and outcomes of consultation The policy has been drafted by nursery staff
7. Results of Initial Screening or Full Equality Impact Assessment

Initial or Full Equality Impact Assessment?	
Equality Group	Assessment of Impact
Race	None
Gender	None
Disability	None
Age	None
Sexual Orientation	None
Religion or Belief	None
Human Rights	None

8. Decisions and or recommendations (including supporting rationale)
9. Equality action plan (if required)
10. Monitoring and review arrangements (include date of next full review)

Department	Creche
Directorate	Hospitals
Director	Lisa Levy
Report produced by and job title	Della Lewis Clinical Governance Manager
Date report produced	November 2010
Date report published	March 2011