

St Michael's Family Centre

Registered as a Charity

OfSTED Registration number EY 411778 Saddlebow Road

OfSTED Registration number EY 399923 Church Lane

OfSted Registration number EY 2673202 Terrington St Clement

Policies and Procedures

Related to:

Food and Drink Policy



Saddlebow Road, Church Lane and
Terrington St Clement

Statement of intent

This family centre regards snack and meal times as an important part of the normal session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of EYFS/OfSTED requirements on Food and Drink.

Methods:

- Before a child starts to attend the Family centre, we find out from parents the children's dietary needs, including any allergies.
- We record information about each child's dietary needs in her/his registration record and parents are asked to check this 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, which is consistent with their dietary needs and their parents' wishes.
- We provide on request information about the ingredients of food provided to prevent allergies in keeping with current guidelines (Food Information Regulation 2014)
- We plan snack menus in advance, involving children and parents in the planning when appropriate and possible
- We display the menus of snacks and cooking activities for the information of parents.
- We provide nutritious snacks and food in keeping with the government healthy eating guidelines at all meals and snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We ask that parents provide a healthy balanced packed lunch for those children that have lunch to include the following elements:
Protein for growth; and essential minerals and vitamins in raw foods, salads and fruits.
- We include snacks and foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- Through discussion with parents and research reading and training events by staff, we obtain information about the dietary rules for the children to include: religion, culture vegetarian, vegan and 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 the child or make a child feel singled out because of her/his diet or allergy, (note details of all diet requirement are recorded and displayed).
- 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 which are appropriate for their ages and stages of development and which 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 session/day.
- In accordance with parents' wishes, we offer children arriving early in the morning and/or staying late an appropriate meal or snack.
- We inform parents who provide food for their children about the storage facilities available in the family centre (note all food preparation areas are cleaned and checked daily which is monitored by the local environmental health authority).
- We give parents who provide food for their children information about suitable containers or food in keeping with government guidelines on healthy eating.
- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
- For children who drink milk, we provide semi skimmed pasteurised milk.
- For each child under two, we provide parents with daily verbal information about feeding routines, intake and preferences.
- We ensure that all people involved in the preparation of food are suitably trained and have completed basic food hygiene certificates.
- We use safe food handling methods when preparing food and drinks and the kitchen is registered with the local authority environmental health department
- OFSTED and the LA environmental health department are notified of any food poisoning affecting 4 or more children looked after on the premises within 48 hours of the outbreak of food poisoning.

Celebrations:

- ☺ We celebrate major religious festivals and introduce children to foods in keeping with the festival and to promote healthy choices.
- ☺ We celebrate significant events for children and recognise that a birthday is a very special time for young children and we want to ensure it is celebrated in an enjoyable, healthy and tooth friendly way. We sing happy birthday, the child is the special person for the day and we include them in deciding how they would like to celebrate their birthday (We ask parents/carers not to bring in any cake, sweets or any unhealthy treats to celebrate birthdays. Healthy, tooth friendly treats are welcome, such as fresh fruit that the children do not often have, for example pineapple, strawberries, blueberries or kiwi fruit).
- ☺ At occasional events such as picnics, fun days, fundraisers we will offer a range of savoury food, water or milk to drink and promote activities and prizes that support healthy choices.

Toothbrushing:

With parental consent we offer all our pre-school children that stay for lunch to be part of our supervised toothbrushing scheme and support them to brush and clean their teeth in keeping with the Dental hygiene guidelines.