

## ROCHE PEBBLES

### Food and Drink Policy

#### **Safeguarding and Welfare Requirements: Safeguarding and Promoting Children's Welfare**

The provider must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill.

#### **Statement of intent**

Roche Pebbles regards snack and meal times as an important part of the settings' session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating and to improve on their social skills.

#### **Aim**

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. .

#### **Methods**

- Before a child starts to attend the setting, we find out from parents their children's dietary needs, including any allergies.
- An allergy list is displayed in the kitchen for all staff to see.
- 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 which is consistent with their dietary needs and their parents' wishes.
- We provide nutritious food at all meals and snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the four main food groups:
  - protein for growth;
  - dairy foods;
  - grains, cereals and starch vegetables; and
  - fruit and vegetables.
- 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.
- 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 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 which are appropriate for their ages and stages of development and which take account of the eating practices in their cultures.
- We do not allow children to share their food.
- For children who drink milk, we provide whole pasteurised and semi-skimmed milk.
- 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.
- We do provide juice for children if they do not drink either water or milk, providing it has been thoroughly diluted in order to ensure children have an adequate intake of fluid whilst at the setting and that no allergies have been recorded.
- 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 setting.
- Parents are informed that ice-packs should be included within their lunch bag, as cool storage is limited.
- We give parents who provide food and drink for their children information about suitable containers for food and the importance of naming them.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- The temperatures of the fridges and freezers are checked and recorded daily.
- Food dates are checked and removed if expired.
- All cooked foods are tested for the correct heat using a cooking thermometer.
- All staff members must receive Food & Hygiene Training.

### Packed Lunches

As we are a setting that does not provide cooked meals, children are required to bring packed lunches from home, therefore we:

- Ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
- Inform parents of our policy on healthy eating;
- Encourage parents to provide sandwiches with a healthy filling, fruit and milk based deserts, such as yogurt or fromage frais. We do not permit fizzy drinks and can provide children with water or diluted juice.
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We have 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 mealtime is a social occasion.

### Babies / Children under two

- Parents provide their own children's bottles made up ensuring they are labelled clearly with the child's name.
- For each child under two, we provide parents with daily written information about feeding routines, intakes and preferences.
- All made-up bottles will be stored in a fridge.
- Parents will provide the Nursery with appropriate meals as the child progresses towards weaning. Consultation between staff and parents throughout this stage will be ongoing.
- We will provide suitable sterilisation equipment for babies feeding equipment.

### **Managing children with allergies**

We provide care for healthy children and promote health through identifying allergies and preventing contact with the allergenic substance.

### **Procedures for children with allergies**

- When parents start their children at the setting they are asked if their child suffers from any known allergies. This is recorded on the registration form.
- If a child has an allergy, a risk assessment form is completed to detail the following:
  - The allergen (i.e. the substance, material or living creature the child is allergic to such as nuts, eggs, bee stings, cats etc). Staff received allergen training, via the Safer Food, Better Business website, in line with new legislation.
  - The nature of the allergic reactions, any medication used and how it is to be used (e.g. Epipen).
  - Control measures – such as how the child can be prevented from contact with the allergen.
  - Review.
- This form is kept in the child's personal file and a copy is displayed where staff can see it.
- Parents train staff in how to administer special medication in the event of an allergic reaction.
- Generally, no nuts or nut products are used within the setting.
- Parents are made aware so that no nut or nut products are accidentally brought in, for example to a party.

### Insurance requirements for children with allergies

- The insurance will automatically include children with any disability or allergy but certain procedures must be strictly adhered to. For children suffering life threatening conditions, or requiring invasive treatments; written confirmation from the insurance provider must be obtained to extend the insurance.

### **Legal framework**

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

This policy was adopted at a meeting of R.L.V.P.

Held on (date) .....

Signed on behalf of R.L.V.P.....