

Horizon Nursery Healthy Eating Policy



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NURSERY HEALTHY EATING POLICY

CONTENTS

Section 1 Introduction 3

Section 2 Food Policy Aims 4

Equal Opportunities	4
Curriculum	4
Teaching methods	4
Leading by example and staff training	4
Visitors in the nursery	4
Evaluation of children's learning	5

Section 3 Food & Drink Provision throughout the Nursery Day 5

Breakfast	5
Lunch	5
Teatime	5
Food Management Procedures	6

Section 4 Allergies and Dietary Requirements 6

Section 5 Food Safety 7

Food Safety Procedures	7
Kitchen Hygiene	8

Section 6 The Food and Eating Environment 9

Section 7 Review 9

Section 1 Introduction

The Food Act 1990 requires that premises used for food business be registered with the Local Authority. New premises must register at least four weeks before opening and will be visited by enforcement officers from Environmental Health to advise on matters of hygiene.

All appropriate members of staff are to have Food Hygiene Certificates and all staff inductions include food hygiene policies and procedures.

It is their responsibility to pass onto other staff the fundamentals of good hygiene.

The nursery is dedicated to providing an environment at mealtimes that promotes a happy, relaxed social experience for both staff and children. This will be achieved by the whole nursery approach to food and nutrition documented in this Healthy Eating policy.

The meals provided at the nursery will be healthy, balanced and nutritious.

The nutritional principles of this policy are based on the findings of the Food and Nutrition guidelines for Early Years and Childcare Settings from the Barnsley Children's Trust.

Signed _____
(Principal / Nursery Representative)

Date: _____

Signed: _____
(Chairperson of the Governing Body)

Date: _____

Section 2 Food Policy Aims

The main aims of our nursery food policy are:

- To provide healthy food and drink choices throughout the nursery day
- To enable all children to have equal choices regardless of their cultural, ethical or medical needs

These aims will be addressed through the following areas:

Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

Curriculum

Food and nutrition is taught at an appropriate level throughout each early year's stage.

This is addressed through:

Teaching methods

Effective teaching requires children to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the nursery offer a rich variety of opportunities for participatory learning and include discussions and role-play. These decisions are made at nursery planning meetings.

Leading by example and staff training

All nursery staff have a key role in influencing children's knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this, we plan and regularly work together with all staff to promote world events and topics that are current in the curriculum. We encourage all staff to eat in the dining room alongside children thereby giving out a positive food choice message to them.

Visitors in the nursery

This nursery values the contributions made by the college nurse and the catering department in supporting the nursery and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the nursery to ensure that the contributions made by visitors to the nursery reflect our own philosophy and approach to the subject. The status of visitors to the nursery is always checked ensuring that the content of the visitor's talk is suitable for the ages of the children. The college's code of practice for visiting speakers is adopted.

Evaluation of children's learning

Aspects of healthy eating work are evaluated through activities, which have been built into the nursery programme, as part of the planning process which are delivered through targeted individual planning to meet the needs of each child.

Section 3 Food and Drink Provision throughout the Nursery Day

Breakfast – served at 8am

We believe that breakfast is the most important meal of the day and can contribute significantly to a child's vitamin and mineral uptake. Breakfast improves blood sugar levels and helps to prevent dehydration, which will increase the ability to concentrate, thereby assisting in the child's wellbeing.

Breakfast consists of:

- Toast and milk or
- Cereals

Lunch – served at 11.30am and 12.00 noon

Lunch consists of:

- A hot meal cooked on the premises
- Dessert of yoghurt or fresh fruit

Teatime – served at 3.30pm

- Sandwiches or
- Home cooked soup or similar
- Yoghurt or fresh fruit

Children are able to have regular drinks throughout the day and there is always fresh drinking water available to them.

We are a breastfeeding friendly nursery and welcome parents into the setting to breastfeed.

Food Management Procedures

1. Individual dietary requirements and parental choices will always be respected
2. Cultural differences in eating habits will always be respected
3. Quantities will take account of the age of the child
4. Menus are rotated regularly and will be posted on the notice board
5. Children will be given time to eat their meal and not rushed
6. Children will be encouraged to try a taste of each item on their plate but if a child shows any signs of distress, the food will be removed and an alternative offered
7. If a child will not eat at meal times an alternative will be offered later in the day
8. A child will not be denied dessert because he/she has not eaten his/her first course
9. Fresh fruit will always be available as an alternative to dessert
10. Staff will set a good example of good table manners and children will be encouraged to say "Please" and "Thank you"
11. Mealtimes will be a family occasion where children will be seated in small groups and quiet, calm conversation will be encouraged to ensure it is a social activity

Section 4 Allergies and Dietary Requirements

All staff will be made aware of their responsibilities regarding children with allergies/dietary requirements. Staff will ensure that they familiarise themselves with the needs of the children in the room which they are working.

There will be a list attached to the register which will list any requirements for the individual children for each day of the week. There will also be a list in the kitchen and one in each room. These lists will be updated immediately as any new information is received.

Food specially prepared for children with allergies/dietary requirements will be served in identified serving dishes.

Section 5 Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; ensuring that food is stored at the correct temperature; ensuring that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing is available. Any food safety hazards are identified and controlled. All our equipment is suitable for the job and is maintained in a good condition. All the required legal food safety documentation is held on site for inspection by the appropriate body. All our food production staff are trained to above the legal required limit and the training is refreshed regularly.

All recommendations made by The Environmental Health Department will be adhered to.

We consult our local Environmental Health Department about legal requirements and received the highest score at our last inspection.

Food Safety Procedures

- Wash hands thoroughly with soap, warm water and a nail brush before starting work
- Wash hands after visiting toilet and after break periods
- Wash hands after coughing, sneezing or blowing your nose
- Wash hands between jobs especially after handling raw meats
- Do not sneeze or cough over or near food. Always use a tissue
- Do not wash hands in the sink used for food preparation
- Keep outdoor clothes out of the food preparation area
- Ensure that clothes and overalls are clean. Do not wear kitchen overall for any other duties
- All jewellery must be removed when preparing food
- Fingernails should be short, clean and free from nail varnish
- Hair should be kept covered at all times in the kitchen
- Cuts and sores must be covered with a coloured, waterproof dressing
- Any staff member who is suffering from upset stomach, boils, styes or infected cuts must immediately inform the manager

Kitchen Hygiene

- Maintain a high degree of personal cleanliness
- Do not handle food more than is absolutely necessary
- Do not dip fingers in food
- Keep work surfaces clean and wash with antibacterial cleaner between jobs
- Use clean utensils and equipment for each operation
- Do not sit or lean on work surfaces
- Keep all food covered, store raw and cooked food separately in the fridge
- Do not leave foods for long periods at room temperature
- Keep lids on rubbish bins
- Open fridge and freezer doors for only as long as is necessary
- Fridge temperatures should be maintained at under 4 degrees C
- Freezer temperatures should be maintained at -18 degrees C or below
- Fridge and freezer temperatures should be recorded daily
- Identify all steps in the catering operation that are critical to food safety, e.g. food purchasing and carriage; storage; preparation; cooking; serving and holding hot food; and ensure that adequate safety controls are in place, maintained and reviewed
- Ensure that no food is kept on the premises which is out of date
- Ensure that food is cooked to the correct temperature by using a probe, these temperatures will be recorded and kept for three months
- Any cases of food poisoning involving more than one child in the nursery will be reported to Ofsted as a matter of urgency

Section 6 The Food and Eating Environment

The nursery offers a modern, light, airy and attractive dining facility for the use of our children and staff. It incorporates small tables in the main dining room. There is an outside picnic area. We offer a varied selection of hot and cold food and drinks which can be eaten at any of the dining areas.

Section 7 Review

Parents are invited to an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.