



Berry Harbor Pre-school  
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## Food and drink Policy

### Statement of intent

Berry Harbor Preschool regards meal times as an important part of the preschool session. Eating represents a social time for children and adults. This helps the children to learn about healthy eating.

### Methods

- Before a child starts to attend the preschool, we ask parents to tell us and to complete the section on the registration form about their child's dietary requirement, including any intolerance and allergies. 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 requirement, including any intolerance and allergies are up-to-date or starting on a food ladder.
- We display, on the fridge in the kitchen, 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.
- Parents supply their own child's meals and snacks to eat.
- We encourage nutritious food at all meals and snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We promote the following elements in meals which are offered:
  - Protein for growth
  - Fresh fruit and vegetables for essential minerals and vitamins
- Foods from the diet of each of the children's cultural backgrounds, provide children with familiar foods and introducing us to new foods.
- 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 times so that they are social occasions in which children and staff participate.
- We use meal 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.
- We inform parents who provide food for their children about the storage facilities available in the preschool and ask parents to provide food for their children in suitable food containers.

- food should be put in a lunch bag with their child's name on it
- an ice brick/block should also be included to keep food cool and fresh
- juice/squash will be drunk at lunch time and not throughout the day.
- 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 as set by government health guidelines for the ages of our children at our preschool.

## **Supporting healthy eating and wellbeing**

### **Packed lunch/Healthy eating**

No nut-based products please.

We ask that you provide your child with a healthy and balanced packed lunch that includes;

- a savoury sandwich or equivalent such as sausage roll, wrap or crackers.
- at least **one** piece of fresh fruit or vegetables.
- yoghurt, jelly or small desert
- a small treat such as a small packet of crisps or a small chocolate biscuit or a homemade cake as we understand that children do need some sugar for energy and as well as small reward for eating well.

Unfortunately, extra treats such as packets of biscuits, sweets, chocolates bars or lolly pops will be sent home for your child to enjoy later.

If you would like some different ideas of what to provide your child with for lunch, please ask a member of staff or visit

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Please can you **include an ice pack or block** in your child's lunch bag to keep their lunch cool and fresh.

### **Safety**

A reminder that grapes, cherry tomatoes should be cut in half and sausages should be cut lengthwise as they can be choke on. Other foods that are smooth or slippery, that can slide down the throat before chewing, such as: cherries, berries, melon or whole pieces of canned fruit should also be sliced in half, or for smaller children, they should be cut again into quarters.

At preschool we are committed to promoting and encouraging healthy eating as recommended in our previous Ofsted report. We were praised for our improvements in this area on our last inspection and wish to maintain this standard.

### **Snacks for break times**

Please provide something extra in your child's lunch bag for their morning and afternoon break. This could be a small banana or small box of chopped fruit. A cracker or small savoury sandwich could also accompany the fruit as the children seem to get hungry especially after exercise.

We continue to offer milk or water for your child to drink.

Occasionally we provide fruit or vegetables to eat as part of our learning and will seek parent consent to offer this to their child.

### **Water bottles**

It is very important for your child to drink plenty of water especially in warm weather. Please can you provide your child with a drinking bottle that can be kept at preschool. These will be filled with fresh water on their session day. Children are then encouraged to access their water bottles throughout the day to keep hydrated. The bottles are cleaned daily, sterilised and checked for any damage and stored in our kitchen area.

## **Food preparation – Hygiene**

Berrynarbor Preschool takes its responsibilities to safe guard the health of the children in our care seriously. To this end any staff who are responsible for raw to cooked food preparation or who manage staff who will be preparing food for the children are trained and hold a basic Food Hygiene qualification as required by law.

In addition to this all our staff are trained in good hygiene practices to ensure they are able to support the work of the hygiene professionals in our business and have a responsibility to follow our procedures to safeguard children's health.

- All kitchen equipment provided for the use of preparing or serving food is only used for food preparation and is never used within the preschool for non-food activities.
- Any preschool equipment stored in the kitchen needs to be stored in a clearly marked area, separately to the food preparation equipment.

## **Berrynarbor preschool Staff Hygiene Regulations**

All staff must strictly observe the following procedure when preparing food and drink for children.

- Wash hands thoroughly before commencing routine and put on aprons provided.
- Any cuts, spots or sores on the hands and arms must be covered completely with a waterproof dressing.
- Fingernails should be kept short and clean, food handlers, including children should not wear nail varnish as this may contaminate food.
- Check preparation area including all surfaces have been cleaned.
- Select the correct equipment for the job in hand observing the colour coding for chopping boards
- Ensure that all dishes and utensils are cleaned/hand washed
- Ensure that all food is prepared to setting/parents' instructions.
- Following food/drink preparation ensure all areas are tidy and clean all surfaces used with anti-bacterial wipes/spray.
- Ensure that any food used is used in date order and that new products are only opened when staff are sure there is a need.
- Ensure that all dishes (all cups, plates, bowls, bottles and utensils) are rinsed and returned to child's bag for parent's attention.
- Wash hands thoroughly following routine and ensure the apron goes in the bin.

## **Cleaning of Food Preparation Areas**

Every week the fridge is thoroughly cleaned and all items in the fridge are checked for freshness, and all food past their use by or best before date are correctly disposed of.

- The Shelf is removed and cleaned with warm soapy water.
- The inside walls are cleaned from top to bottom with anti-bacterial cleaner.
- The seals around the fridge are cleaned to ensure no spillages or stains.
- Freezer area is defrosted (on non-frost-free) and cleaned once a month following the same procedure.

## **Temperature control**

- It is the policy of Berrynarbor Preschool to ensure that all foods are stored according to safe food handling practises and at the correct temperature in order to prevent the growth and multiplication of food poisoning organisms, to reduce the rate of food spoilage and to ensure that food quality is maintained.
- Fridge temperatures are checked and recorded daily to ensure the correct temperature is being upheld.

All food preparation surfaces are wiped clean after use with anti-bacterial cleaner and disposable cloths.

## Allergies

The preschool can cater for children's specific dietary needs that may include allergies or food intolerances, or because of religious, cultural, or ethical reasons.

Staff are made aware of children's specialist requirements through individual care plans and other information provided by parents.

To help us manage the risks associated with food allergies or intolerance the preschool has the following in place.

- Pre-entry information from parents
- Induction information from staff
- Food allergen risk assessment
- Excellent food hygiene practises (5\* rating)
- Written procedures for children with food related conditions.

This policy was adopted at a meeting of Berrynarbor Preschool held on 06/06/2007

This policy was review and revised on 24/08/23

Signed on behalf of the preschool..... Date.....