



Food, Nutrition & Food Safety Policy

Mealtimes should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. Little Gulls & Buoys is committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and requirements. We will ensure that:

- A balanced and healthy midday meal is provided by Little Tums. Little Tums have their own policy and procedure regarding Food and Nutrition, which is available to parents on request either via us or by directly contacting them (up to date contact details can be found on their website: www.littletums.co.uk.)
- Balanced daily snacks are provided for children attending a half day and full day at Little Gulls & Buoys including fruit and vegetables with a serving of carbohydrate.
- Lunch menus from Little Tums are displayed for parents to view. The meals reflect cultural diversity and options for vegetarians and those with allergies and intolerances are available.
- Fresh drinking water is constantly available and accessible. It is frequently offered to children.
- Individual dietary requirements that parents have informed us of are respected. Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child. Information regarding children with allergies and intolerances are displayed for all staff to see.
- Staff show sensitivity in providing for children's diets and allergies. They 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. Cultural differences in eating habits are respected.
- Meal and snack times are organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged.
- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves. We provide foods from the diet of each of the children's cultural backgrounds, providing them with familiar foods and introducing new ones.
- Children are given time to eat at their own pace and not rushed. Quantities offered take account of the ages of the children being catered for.
- We promote positive attitudes to healthy eating through play opportunities and discussions.
- Children are not left alone when eating/drinking to minimise the risk of choking
- Staff that prepare and handle food are competent to do so and receive training in food hygiene.

Food supplied by parents

If parents wish to supply food for their own child's consumption on the premises they must be aware of food hygiene when preparing food. This includes checking dates for consumption of both dried and perishable foods. As consumption of all food at Little Gulls & Buoys, inclusive of that provided by parents, is ultimately our responsibility, the following policy must be observed at all times.

- Any perishable foods inclusive of dairy and meat products must be identified by parents and labelled with their child's name.

- Any food not consumed by a child will be returned to parents that same day.
- Food brought to Little Gulls & Buoys by a parent to meet a child's specific dietary requirements can only be stored on a weekly basis and must be collected at the end of the week.
- It is the parents' responsibility to ensure that any food requiring re-heating has been stored suitably since it was originally cooked. We cannot reheat any meal that includes rice.
- Any meals to be reheated will be warmed to a min of 75c and allowed to cool before serving.

Hygiene in the kitchen

- Before and after adults prepare or handle food they must wash their hands thoroughly with soap and an apron must be worn during food preparation. There are separate facilities for hand-washing and washing up.
- Food preparation areas are cleaned using hot soapy water followed by antibacterial spray, before and after use.
- All food should be piping hot and above 63 degrees. The temperature of the food delivered by Little Tums is taken at the point of delivery and the food is served within two hours of it being cooked to maintain appropriate temperatures.
- Staff must use the appropriate chopping boards when handling meat, fish, fruit and vegetables.
- All food should be kept covered and refrigerated where appropriate and fridge temperatures are recorded daily.
- All waste food should be disposed of in the appropriate bins and hands washed after use.
- Dishcloths and tea towels should be washed daily.
- All utensils and crockery are clean and stored appropriately.
- Cleaning materials and other dangerous materials are stored out of the children's reach, in a locked cupboard and away from food preparation areas.
- Children do not have access to kitchen areas.

Legislation

In line with the Food Information for Consumers Regulation (EU FIC) which came into force in December 2014 we can on request provide details of the 14 allergens that are in any of our daily snacks. The 14 allergens are:

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| ● eggs | ● tree nuts (almonds, hazelnuts, walnuts, cashews, pecans, brazils, pistachios, macadamia nuts or Queensland nuts), | barley, oats, or their hybridised strains). |
| ● milk | ● sesame seeds | ● soya |
| ● fish | ● cereals containing gluten (wheat (such as spelt, Khorasan wheat/Kamut), rye, | ● celery and celeriac |
| ● crustaceans (for example crab, lobster, crayfish, shrimp, prawn) | | ● mustard |
| ● molluscs (for example mussels, oysters, squid) | | ● lupin |
| ● peanuts | | ● sulphur dioxide and sulphites (at concentration of more than ten parts per million) |

If your child is allergic to a food or if you are in any doubt please speak to us. If you have any questions or concerns regarding the above policy then please do not hesitate to contact us.

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