

Food and Drink Policy

Aim

In Sidcup Baptist Church Playgroup we believe it is essential to provide children with positive healthy eating experiences in order to promote their wellbeing. We also encourage children to look at the long-term effects of a healthy and balanced diet.

We respect the different dietary, cultural and health needs of all our children.

Implementation of the policy in Sidcup Baptist Church Playgroup

The management committee must ensure that:

- new members of staff, including students and volunteers, receive copies of the Food and Drink Policy, and that this is discussed with them during their induction meeting.
- All staff who are involved in the preparation and handling of food access appropriate training through the BSN system.
- all staff, students and volunteers are made fully aware of individual children's dietary needs and requirements.
- the Food and Drink Policy is made available to all parent and carers.
- Allergen information is made available.

Availability of water

- We have fresh drinking water and suitable cups readily available for children and staff at all times.
- We encourage the children to help themselves to water, either with support or independently.
- We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.

Multi-cultural requirements

- Staff respect and make arrangements for children's cultural and religious needs.

Special dietary needs and food allergies

- We use sensitivity in catering for children with specific dietary needs.
- We update records of children's specific dietary requirements at the beginning of each term (and throughout where changes occur) and keep these in a prominent place.

Allergens

- We keep a list of the foods provided at snack time and any allergens contained in them.
- All foods are checked on purchase and any changes to the ingredients are noted on the allergen chart.
- Parents are signposted to the allergen information via the noticeboard and newsletters.

Hygiene

The member of staff who is responsible for supervising snack time carries out the risk assessment for that day.

- We wipe all surfaces and tables used in the preparation and eating of snacks with CleanPro+ antibacterial cleaner and sanitiser. This is sprayed onto the already cleaned surface, left for a minimum of 30 seconds, then the area is wiped dry with a clean cloth.
- We observe good practice in matters of hygiene at all times.
- We teach children hygiene awareness through planned and spontaneous discussion, routines, planned activities and topics.
- We encourage children to wash their hands regularly, especially before handling food, after using the toilet, handling animals, plants and insects, or playing in messy or dirty areas, particularly out of doors. They use paper towels or a hot air drier to dry their hands.

Handling food

- All staff who are involved in the preparation and handling of food access appropriate training through the (Bexley) BSN system.
- Anyone who has had food poisoning, or been closely involved in the care of someone who has had food poisoning will not take part in preparing or handing out the snacks until the 48 hour 'symptom-free' period has elapsed.
- We monitor and assess food preparation and handling procedures regularly.
- We display rotas and staff responsibilities clearly.
- We keep food preparation areas clean and hygienic.
- We do not allow unsupervised children to enter the kitchen.
- We encourage children to eat a healthy and well-balanced diet, using the Eat Better, Start Better voluntary guidelines.

Snacks

- We offer a balance and variety of snacks to provide a range of cultural and nutritious experiences for the children, using the Eat Better, Start Better voluntary guidelines.

Routines

- We plan snack-time as a regular, pleasant and social event.
- We encourage the children to take turns, share and be polite.
- We encourage common courtesies such as saying 'please' and 'thank you', using Makaton signs in addition to the spoken word.

Social aspects

- We involve parents and children in planning, preparing and serving snacks when appropriate.
- We sit with children and encourage them to talk and listen to each other, learning to respect each other's views and opinions, likes and dislikes, etc.

Storage of food

- Food is stored in hygienic and clean airtight containers.
- Food that needs to be kept chilled is put on the appropriate shelf in a fridge.
- Food that has a 'use-by' date is either used by this date or discarded.

References and Regulations

Reference to the Early Years Foundation Stage safeguarding and welfare requirements

Snacks and drinks must be healthy, balanced and nutritious.

Providers must record and act on information from parents and carers about a child's dietary needs.

All staff involved in preparing and handling food must receive training in food hygiene.

References

Department for Education: Statutory Framework for the Early Years Foundation Stage (2017)