

# Healthy Eating and Food and Drink Policy.

## Flying Start Pre-School

**Flying Start** aims to promote good eating habits by encouraging children to eat a wide range of fruit and vegetables at snack time. This is reinforced through role-play, information books, stories, cooking activities and songs. We also have a Parents Information Drawer with a wide variety of advice sheets including Oral Care, Use of Dummies, Importance of Sleep etc...

Our aim within our daily routine is for the children to learn about keeping themselves healthy through diet, exercise, cleanliness, appropriate clothing, visiting doctors, dentists, opticians and how it is important for our bodies to have enough rest and sleep. We also have a large outside area divided into several different sections which we access daily for fresh air and clear spaces to move freely.

Through the registration process parents are required to inform us of any dietary needs, allergies or cultural or religious requirements. This information is then displayed within the kitchen area and all staff are informed to ensure that these requirements are implemented. If a child should require medical treatment due to allergies we would follow our Medical Policy. All efforts are made to gain as much information on any specific requirements and ensure that the child is still able to be included in all activities and events.

We have posters of fruit and vegetables and we grow some fruit and vegetables in our garden that we eat at the snack bar.

Most staff hold current Food Hygiene Certificates which are updated every three years. All staff are made aware of the importance of Good Hygiene Practice.

### **Procedures we follow are:-**

- Fresh drinking water will be available for children at all times.
- Children are provided with a choice of water or milk mid-session at snack time, with adult supervision and encouragement of good manners.
- Children are encouraged to be independent during these times to choose their snack and pour their own drink, cleaning up any spill and putting away their things.
- On occasions different snacks may be provided e.g. at Lunar New Year when children can try different foods from other countries.
- **The snack table will be wiped with anti-bacterial spray before, between and after snack time.**
- Mess and spills will be cleared up as we go.
- Children are encouraged to wash their hands with warm soapy water in the bathroom before sitting at the snack table.
- Cool Milk provides milk for the children to choose from at snack time. This is delivered on Monday and Wednesday morning and stored in the fridge. Dates are checked before use. The temperature of fridge and freezer are checked and logged twice a week (Fridge temperature to be between 1°C to 4°C and freezer temperature to be below -18°C.)
- Fruit and vegetables and dried fruit are purchased every week from our local supermarket. • Once tins, packets, bottles, containers of various foods and ingredients are opened they are stored appropriately in an airtight container in the fridge, freezer or in the dry store cupboard. • All 'use by dates' and 'expiry dates' are checked before use. Out of date foods will be disposed of. We will use a FIFO (First In, First Out) system when using products.
- All sharp tools are kept in the locked kitchen cupboard away from the children. • Hot drinks

will only be allowed to be drunk in the kitchen where the children have no access.

- Staff will wash their hands in hot water with anti- bacterial soap before preparing or handling food.
  - Floors and Surfaces are cleaned regularly as stated in our Cleaning and Sterilizing Toys and Equipment.
  - During cooking, all children are required and encouraged to wash their hands before cooking, wear a cooking apron and be reminded of good hygiene practices.
  - Food will be managed to ensure that it is kept from the 'danger zone', during the cooking process and after the completion of the recipe to reduce the risk of bacterial growth or contamination.
- Should an outbreak of food poisoning of 2 or more children occur on the premises, a Notification to OFSTED will be made within 14 days of the incident.

|                                   |  |
|-----------------------------------|--|
| <b>This policy was adopted on</b> | <b>Signed on behalf of the nursery</b> |
| <i>26/01/2024</i>                 | <i>Sarah Maynard</i>                   |