Food and Drink Policy

Rationale

At Auckland House 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.

Meals should be a happy, social occasion for staff and children alike. We respect the different dietary, culture and health needs of all our children.

All staff should wear an apron when serving food to the children at mealtimes and a member of staff should be sat with the children.

Staff must not take food or drinks within the room, except bottled water. Chewing gum is not acceptable whilst working on the nursery premises.

Auckland house adheres to the recommended guidance from the Public Health England.

Implementation of the policy in Auckland House

The senior management team must ensure that:-

- New members of staff, including students and volunteers, read copies of the Food and Drink policy or manual and that this is discussed with them during their induction meeting.
- All staff, students and volunteers are made fully aware of individual children's dietary needs and requirements.
- A qualified member of staff who is through the 8 week induction will serve the food, they shall show another member of staff to confirm the correct food is being given before giving out food for children with special dietary requirements.
- The Food and Drink policy is made available to all parents and carers.
- Records are kept of menus and the food intake of babies and children under 2
- If a child does not finish the first course they will still be offered a small helping of desert.
- Staff will offer a good example of good table manners.

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.
- We monitor the amounts children drink.

Meals

- We provide varied, healthy, regular and meals.
- All children must be offered a drink with their meal.

Multi-cultural requirements

- Staff respect and make arrangements for children's cultural and religious needs.
- Cultural differences in eating habits will be respected.

Special dietary needs and food allergies

- We ask all parents from allowing their child to bring in their own food from home (Unless agreed with management)
- We use sensitivity in catering for children with specific dietary needs.
- We update records of children's specific dietary requirements regularly and keep these in a prominent place.
- Children with a special dietary requirement are served food on a different identifiable bowl/plate.
- Children with special dietary requirements should be served first.
- The senior/qualified member of staff who is serving shall show another member of staff to confirm the correct food is being given.

Snacks

- We offer a balance and variety of snacks to provide a range of cultural and nutritious experiences for the children

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"

Social aspects

- We make every effort to involve parents and children in planning, preparing and serving snacks.
- 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.
- Food is stored in hygienic and clean airtight containers.
- Food that needs to be kept chilled is put on the appropriate shelf in the fridge.
- Food is always eaten by its sell-by-date.
- Appropriate safe and hygienic arrangements will be made for storing lunch-boxes.

Babies and children under 2

To meet the specific needs of babies and children under 2:

- We label and store individual bottles and baby foods hygienically and appropriately.
- We check that bottles are always made up to the correct proportions and quantities.
- We ensure that parental wishes are carried out diligently.
- We encourage babies and toddlers to eat independently in a way that is appropriate for their stage of development.
- All parents/carers will be asked if they would like their child to have cooled boiled water under the age of 1 year.

All children must not be lay flat on their backs to eat or drink; children must be sat up in appropriate seating.

Policy Written By: A Gregory
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