



## **Busy Bees @ LPS - Food and Drink Policy**

Busy Bees regards snack and meal times as an important part of the session. Snack and meal times represent a social time for children and adults and helps children to learn about healthy eating and living. All of our menus are available for parents to view on the website, helping to reassure parents that their children are provided with healthy snack options which include fruit, vegetables and savoury options.

### **Aim:**

We aim to provide healthy, nutritious food, which meet the children's individual dietary needs. We aim to meet the full requirements of the Early Years Foundation Stage, and believe it is essential to provide children with positive healthy eating experiences in order to promote their well-being. This policy should be read in conjunction with our Packed Lunch policy, highlighting our commitment to healthy eating at Busy Bees.

### **Allergies:**

From December 2014, new legislation came in to effect regarding food allergens. The EU Food Information for Consumers Regulation (No.1169/2011) outlines the new requirements for businesses which are providing food sold pre-packed and non-pre-packed (loose). At Busy Bees, as we provide breakfast and snacks for children, we are required to follow the new guidance. There are 14 major allergens which need to be declared:

- Cereals containing gluten namely wheat (such as spelt and Khorasan wheat), barley, rye and oats
- Crustaceans like prawns, crabs, lobster and crayfish etc.
- Eggs
- Fish
- Peanuts
- Soybeans
- Milk
- Nuts namely almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew, Macadamia or Queensland nut.
- Celery
- Mustard
- Sesame
- Sulphur dioxide or sulphites (where added and is >10mg/kg in the finished product. Often found in dried fruit and wine)
- Lupin
- Molluscs like clams, scallops, squid, mussels, oysters and snails etc

Food allergens cannot be removed by cooking. That is why it's essential that we practise good kitchen hygiene, as well as careful separation, storage and labelling of ingredients when preparing breakfast and snacks. It is also now a requirement for us to provide information about the allergenic ingredients used in food provided by us so

this information will be declared in our Welcome Pack, on our website, visible on the parent's board in the corridor and also on display in the kitchen.

### **Compliance and methods of food preparation:**

- Before a child attends the setting we find out information from the parents/carers about their children's dietary needs, allergies and the severity of these.
- The parents record information about a child's individual dietary needs/allergies on their admissions form and sign this to signify that all information is correct.
- We regularly consult with parents for up dated information; this includes any allergies/ dietary needs.
- We display information of children's individual dietary needs/ allergies. This is displayed in the kitchen and next to the snack/lunch table to ensure all staff are aware of the information.
- We plan snack menus in advance and try new foods when possible, taking note of the snack the children particularly enjoyed for future planning of snack menus.
- We display the snack menu for the children as well as parents/carers.
- We require staff to be sensitive to children's individual dietary needs/allergies to ensure the child is not singled out.
- Foods served at snack times are healthy, balanced and nutritious.
- All food is prepared in the kitchen by staff who have a food hygiene qualification. Those without food hygiene training will not be permitted to prepare or supervise snack or cookery activities.

### **Routines:**

- We provide semi skimmed milk for the children who drink milk and water for those that do not.
- Snack times for Preschool are cafe style – a selection of fresh fruit and/or vegetables as well as a savoury option such as crackers or breadsticks is laid on the table. Children join the snack table when they choose and, with support if necessary, choose their drink and place their food on their plate. After they have finished, they put any waste in the bin and place their plate in the washing up bowl.
- Breakfast is available for all children attending and children will have the option of serving themselves from the buffet style selection.
- We have fresh water constantly available throughout the session/day and the children are informed of how to obtain the water and that they can ask for it at any time.
- We support the children in recognising that they need to drink water when they are thirsty, hot/tired or feeling unwell.
- We have a no sharing / swapping rule at Busy Bees to ensure the children with allergies/ individual diets are protected.
- We encourage common courtesies such as "please" and "thank you"
- No child is left unattended whilst eating or drinking to minimise the risk of choking.

- We organise snack and meal times as a social occasion for both children and staff to participate in.
- We sit with the children at lunchtimes and encourage them to talk and to listen to each other, learning to respect each others views and opinions, likes and dislikes etc.
- We take the opportunity to discuss healthy eating with the children.
- Staff respect and make arrangements for children’s cultural and religious needs.

New staff members, students and volunteers are made aware of the food and drink policy and it is discussed with them in their induction session. All staff, students and volunteers are made aware of individual’s dietary needs/allergies.

When cooking with the children as an activity we provide healthy, wholesome food, promoting and extending the children’s understanding of a healthy diet and also promoting hygiene i.e. washing hands before and after the activity.

**Storage of food:**

Food is always stored in hygienic and clean containers. Food that is required to be kept cool is stored on the appropriate shelf in the refrigerator and is always used by its use by date. Lunch boxes are stored on the lunch trolley which is maintained to ensure it is hygienic and clean. Parents are informed that that the use of ice packs in their child’s lunch box ensures the food stays chilled.

**Hygiene:**

Staff at Busy Bees demonstrate high levels of personal hygiene and promote good health within the setting. All staff receive basic food hygiene training to enable them to prepare, provide and serve food safely. Fruit and vegetables are thoroughly washed before use. Cleaning routines are set up to ensure food preparation and serving areas are cleaned as well as used correctly, to avoid cross contamination etc. Food is stored in the appropriate way and at the correct temperature; the fridge is checked daily and cleaned regularly. Cleaning schedules follow the Food Standards Agency guidelines. The kitchen is inspected daily and any issues are addressed immediately.

Ofsted will be informed of any food poisoning affecting two or more children looked after on the premises. Although notification must be reasonably practical, notification must be made within 14 days of the event occurring.

<b>This policy was adopted on</b>	
<b>Signed on behalf of the preschool</b>	
<b>Date disseminated to staff</b>	
<b>Date for review</b>	