

# PRECIOUS TIMES CHILDCARE SERVICES POLICIES

## Healthy Eating

### Statement of Intent

Precious Times recognises that snack and meals times are an important part of the children's day, it represents a social time, is a learning opportunity as well as the children gaining the required nutrients to remain healthy.

We are committed to meeting the EYFS Welfare Requirements for Food and Drink to help ensure our children are provided with nutritious foods while with us. We use the guidelines set out by 'Eat Better, Start Better' when planning our menu's.

Our menus are displayed in the hall way of the setting so parents / carers are aware of what the children are having, we also provide parents with information about healthy packed lunches.

We meet the requirement and guidelines in the following ways:

### General

- Before a child begins with us we find out from the parents all about their child's dietary needs, including any allergies. This is recorded in their registration pack. Any allergies are respected and added to the list displayed in the kitchen. In line with current legislation allergen information is available on all foods provided to children.
- We regularly review our records with parents to ensure all our information is fully up to date.
- Fresh drinking water is available at all times and can be freely accessed by the children. Milk is provided by Precious Times and also available throughout the day. Children are supported to learn how to pour their drinks and where to place their dirty cup.
- Staff have accessed Food Hygiene training and we are registered with the Local Authorities Environmental Health Department and follow the Safer Food, Better Business guidelines
- We will notify OFSTED if there were to be 2 or more cases of food poisoning affecting children looked after on the premises.
- Information is displayed in the hallway regarding portion sizes and healthy options as well as details of our menu's

### Meals and Snacks

- We offer the children regular meals and snacks throughout the day
- Parents are informed that we are not able to store lunch boxes in the fridge and that they should pack appropriate foods plus a freezer block to help keep lunches cool. We are unable to heat up and foods for children over 1year at lunch times.
- We try to plan our menu around children with any allergies or intolerances so they are able to have the same as their friends. We plan our menu around things that the children enjoy or ask for while taking into account the guidelines from Eat Better, Start Better to ensure they are healthy and nutritious.
- Where possible we introduce new, different foods for the children to taste and try.
- We discourage and avoid food sharing and swapping to ensure that allergies are adhered to.

# PRECIOUS TIMES CHILDCARE SERVICES POLICIES

## Healthy Eating

- We provide children with appropriate sized cutlery to use along with plates and bowls.
- We work to ensure snack and meals times are a social occasion, giving opportunity for interactions and chatter between staff and children and child to child.
- Children's independence is supported and encouraged during snack and meal times, they are able to serve their own drinks and help themselves to foods.
- We feel it is important for parents to be informed about what their child has eaten through the day. We keep a record of what children have eaten for snack and tea so at collection time, information can be given verbally (and in written form for the youngest children).
- Children are encouraged to eat their sandwiches or equivalent followed by fruit, cheese or yogurt then other items before sweets / chocolate.
- If a child is not eating something that is being sent from home we will speak with parents to advise them of this and make some suggestions (if required) as to what else could be included. Information for parents is available in the entrance hall and in the registration packs.
- We always chop foods such as grapes, cherry tomatoes etc in half and sometimes quarters to ensure the risk of choking is minimised. We ask for all parents to also do this, if it is not done then we do not give these to the children, they are sent home in their lunchboxes with an advice slip for parents.

## Milk (Caterpillar Room)

- Following advice from local Health Visitors and NHS Start for Life, we recommend that children under 12 months should not be given cow's milk as a drink, it can be used as part of their breakfast and within cooking as they approach 12 months but not used as a drink. <http://www.nhs.uk/start4life/pages/babies-food-variety.aspx>
- Once children reach 2 years old they can have semi skimmed cow's milk as a drink as long as they have a healthy balanced diet.
- Upon registration we will discuss with parents about children's routine and times that milk will be required.
- Formula milk should be bought to Nursery, sealed and then left here for use when the child is present. We will label this, follow storage instructions on the box and will send it home once it has been open for the maximum allowed number of weeks/days.
- We cannot accept formula milk (in power form) in containers or open boxes.
- Expressed breast milk should be bought in a labelled bottle with name and the date it was expressed. This will be stored in the fridge and heated according to the parents instructions.
- We keep a record of amount, time and temperature of bottles given to babies.
- Bottles of formula milk will only be made up as and when the child needs them. These should be cooled and tested with a sterilised thermometer to ensure they are an appropriate temperature for the child to drink safely

# PRECIOUS TIMES CHILDCARE SERVICES POLICIES

## Healthy Eating

- Following the Department of Health guidelines, we will only use recently boiled water to make formula bottles (left for no longer than 30 minutes to cool). We will not use cooled boiled water and reheat
- Bottles and teats will be thoroughly cleaned with hot soapy water and sterilised after use (they will not be washed in the dishwasher)
- Bottles will be disposed of after two hours
- If dummies are used they will be cleaned and sterilised. This also applies to dummies which have been dropped. Dummies will be stored hygienically until they are required.
- Sterilisers will be washed out daily.

### Weaning

- Under current advice, weaning should begin around 6 months old. We advise parents to speak to their Health Visitor if they wish to begin earlier.
- Staff at Precious Times will work closely with you while weaning your baby, we ask that you keep us informed of how they are getting on and what things they seem to be enjoying.
- Further information about weaning is available from the Change for Life website <http://www.nhs.uk/change4life/Pages/change-for-life.aspx>  
<http://www.nhs.uk/start4life/pages/babies-food-variety.aspx>

### Food and Drink Preparation

- All staff are jointly responsible for the appropriate preparation and handling of food and as part of staff induction we cover safe and hygienic preparation of meals and snacks.
- There is a list displayed in the kitchen of staff who have been received formal training in becoming a Safer Food Handler, we are confident that they have a sound understanding of procedures and practice.
- All surfaces are prepared prior to any foods being prepared, they are wiped down with anti-bacterial spray.
- Our kitchen is only used for food and drink preparation.
- Sterilisation equipment is available and used for babies bottles, cups, spoons and bowls
- Any faults or breakages are reported immediately to the Manager or Director.
- Equipment is checked regularly as per requirements.
- The temperatures of all fridges and freezers is taken and recorded each day (these are expected to be between 2 and 5 for the fridges and freezers should be at -18 or lower. Manager is to be informed if not)
- All appliances within the kitchen to be cleaned regularly and recorded

# PRECIOUS TIMES CHILDCARE SERVICES POLICIES

## Healthy Eating

- All food to be covered at all times in and out of the fridge and dated to show when each product was opened
- Care must be taken to ensure that food is correctly stored in fridges, all open food is labelled.
- When re-heating food it should be done until over 75°C, checked with the probe thermometer and recorded, then cooled down before serving. Food prepared on the premises must be checked with the probe thermometer before serving
- Food served but not used immediately should be appropriately covered and placed in the fridge/freezer within 60 minutes. If this is not followed, food should be discarded immediately
- All opened packets to be dated when opened and placed in an airtight container e.g. baby food, raisins, cereal etc.
- Blended food should be placed in suitable airtight containers, named and dated
- Only appropriate kitchen cloths to be used. These must be renewed daily
- All plugs to be pulled out of their sockets at the end of each day and switches switched off where practicable (with the exception of the fridge and freezer)
- Children must NOT enter the kitchen except for supervised cooking activities
- Doors to the kitchen to be kept closed at all times.

**This Policy was adopted at a meeting of Managers and Directors**

**28th June 2013**

Mrs Kerry L  
Mrs Helen Jackson  
Miss Vicki Mckay

Policy Revised Date	Revised By
<b>8<sup>th</sup> September 2014</b>	Mrs Kerry L Francis Miss Kerry L Whitney Mrs Helen Jackson Miss Vicki Mckay
<b>13<sup>th</sup> January 2015</b>	Mrs Kerry L Francis Miss Kerry L Whitney Mrs Helen Jackson Miss Vicki Mckay
<b>1<sup>st</sup> May 2018</b>	Mrs Kerry L Francis Miss Kerry L Whitney Mrs Helen Jackson

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