

## **DIET AND FOOD HANDLING**

It is our policy to provide a healthy balanced diet taking into consideration any special dietary requirements due to allergies and religious beliefs.

1. Anyone preparing food must hold a valid food hygiene certificate. They are responsible for the implementation of children's dietary requirements.
2. Person in charge of kitchen to complete the Food Standards Log. Indicated all checks done and log fridge temperatures and hot food on a daily basis.
3. Staff to be trained on hygiene procedures and this to be logged in Food Standards file in kitchen.
4. Within the food preparation area a list will be displayed indicating children's allergies or special dietary requirements.
5. Drinks provided will be water or whole pasturised milk. Sealed water jugs will be available in each room with cups for each child should they require a drink. Young babies will be offered a drink of cooled boiled water every 30 minutes.
6. Food will be offered at regular intervals throughout the day.
7. Any drinks, food or milk brought into the setting from home must be clearly labeled with the child's name and stored appropriately (milk, sandwiches etc in the fridge).
8. Children will be encouraged to use table manners and say please and thank you.
9. Conversation will be encouraged but not shouting.
10. Food will be given in appropriate portion sizes so as not to overface the child, if they wish for more then they will be given more.
11. Children will be encouraged to try all foods (a bite) if they do not have any special dietary requirement or allergy.
12. Children will be allowed to eat at their own pace.
13. Children who refuse to eat will be offered something later; parents will be notified if they seem to be off their food.
14. Menus are planned on a 4 week rota and will change quarterly.
15. All children will be required to wash hands before and after eating.

**16. Any cakes brought into the setting for birthday celebrations etc must be shop bought so its origin is traceable. If home made cakes are brought into the setting these will be given out at the end of the day and parents informed that they are home made so they can decide whether or not to offer them to their child.**