

VERWOOD C.E. FIRST SCHOOL AND NURSERY



Howe Lane, Verwood, Dorset, BH31 6JF - Tel. 01202 822652

Food and Drink including Food Hygiene

We regard snack and meal times as an important part of our day. Eating represents a social time for children and helps children to learn about healthy eating. We promote healthy eating. At snack times, we provide nutritious food and semi-skimmed milk. Before a child starts to attend the Nursery, we ask their parents/carers about their dietary needs, including any allergies.

We display current information about individual children's dietary needs so that all our staff and volunteers are fully informed about them. We show sensitivity in providing for children's diets and allergies. We do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy.

We use meal and snack times to help children to develop independence through making choices and feeding themselves. We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures. We have fresh drinking water constantly available for the children.

We inform parents who provide food for their children about the storage facilities available in our Nursery. In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

Packed Lunches

We inform parents of our policy on healthy eating and encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts, such as yoghurt or crème fraiche. We discourage packed lunch contents that consists largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort.

Hot Nursery Meals supplied by Chartwells

School meals by law must meet the School Food Standards. These ensure that when menus are developed they are considerate of children's nutritional needs. Implementing these standards ensures that healthier food items, like fruit and vegetables, wholegrains and oily fish are promoted, and less healthy items, like deep fried foods, manufactured meat products and added sugar drinks are restricted or prohibited on menus. Every day, our hot school meal provider assures that a school meal will offer; 2 portions of fruit and vegetables, a dairy food item rich in calcium for strong bones and teeth, starchy carbohydrates to provide energy, and a protein source to support the body's growth and repair.

Food Hygiene

We maintain the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food. Our staff with responsibility for food preparation understand the principles of Hazard Analysis and Critical Control Point (HACCP) as it applies to our setting. This is set out in Safer Food, Better Business for Caterers (Food Standards Agency 2011). The basis for this is risk assessment of the purchase, storage, preparation and serving of food to prevent growth of bacteria and food contamination.

All our staff follow the guidelines of Safer Food, Better Business. All our staff who are involved in the preparation and handling of food have received training in food hygiene please see Appendix B for details.

We use reliable suppliers for the food we purchase. Food is stored at correct temperatures and is checked to ensure it is in-date and not subject to contamination by pests, rodents or mould. Packed lunches are stored in a cool place. Food preparation areas are cleaned before and after use. There are separate facilities for hand-washing and for washing-up. All surfaces are clean. All utensils, crockery etc. are clean and stored appropriately. Waste food is disposed of daily. Cleaning materials and other dangerous materials are stored out of children's reach.

Children do not have unsupervised access to the kitchen. When children take part in cooking activities, they:

- are supervised at all times
- understand the importance of hand-washing and simple hygiene rules
- are kept away from hot surfaces and hot water
- do not have unsupervised access to electrical equipment, such as blenders etc.

Food poisoning can occur for a number of reasons; not all cases of sickness or diarrhoea are as a result of food poisoning and not all cases of sickness or diarrhoea are reportable. Where children and/or adults have been diagnosed by a GP or hospital doctor to be suffering from food poisoning and where it seems possible that the source of the outbreak is within our Nursery, the Childcare Leader will contact the Environmental Health Department to report the outbreak and will comply with any investigation.

We notify Ofsted as soon as reasonably practicable of any confirmed cases of food poisoning affecting two or more children looked after on the premises, and always within 14 days of the incident.