

Food & Drink

Policy Statement

At Ambourne House we believe that mealtimes should be happy, social occasions for children and staff alike. We regard snack and meal times as an important part of our daily routine and promote shared, enjoyable positive interactions at these times. Mealtimes represents a social time for children and adults and helps children to learn about healthy eating. We are committed to offering children healthy, nutritious and balanced meals and snacks, which meets individual needs and requirements.

Procedures

- We have an on-site chef who creates appropriate menus therefore providing children with meals, drinks and snacks throughout the day that are healthy, balanced and nutritious, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colouring.
- Menus are rotated on a four weekly cycle and copies can be found around the nursery. We always happy to obtain feedback on the food we provide through parent feedback.
- Information is obtained from parents about their child's dietary requirements, preferences and food allergies and recorded before they start the nursery. Dietary procedures are in place to manage all individual requirements and we are always very vigilant when managing *these needs*.
- We encourage parents to inform us of any changes to their child's dietary requirements, including any allergies or intolerances.
- Children are offered milk/water at snack times and water is provided at meal times. However, fresh drinking water is available at all times to children.
- Staff role model good manners, meal time etiquette, conversation, new vocabulary and encourage children to try new foods and understand the value of good health and nutrition.
- Prior to serving food tables are disinfected and at meal times laid with the children's placemats. Children are seated appropriately with an adult to ensure their safety and comfort.
- Older children are encouraged to serve themselves independently, with assistance where required, to pour their own drinks, lay the tables etc.
- Babies and younger children are always given assistance when necessary whilst encouraging independence/self-feeding.
- Children are given a child sized knife, fork and spoon, as appropriate and are encouraged and supported to use these.
- Babies are served food using an appropriate weaning spoon and also given their own spoon to encourage independence.
- Where a baby is weaning we discuss with parents their requirements and come up with a joint strategy to meet the needs of the individual baby. This is reviewed with parents as and when necessary.
- Quantities of food offered take account the ages of the children being catered for, in line with recommended portion sizes for babies and young children.
- Food is not used as a reward or held as a punishment; children are encouraged and supported to eat a small piece of everything. Children who refuse to eat during mealtimes are offered food at a later point. We always discuss with parents relevant strategies to deal with any issues regarding food.

- Packed lunches are not permitted on site due to the risk involved for children with special dietary requirements, unless there is a required need for them to be provided; in which case it would be discussed with management prior to be brought in.
- We cannot guarantee an environment free from any food product including nuts.
- We have suitable facilities for the preparation and serving of food, which includes a designated area for all aspects of preparing food/bottles for babies and sterilising utensils.
- We comply with food hygiene legislation and have relevant kitchen procedures/risk assessments in place to ensure food is stored and served safely.
- All staff are trained in the safe handling of food.
- In the very unlikely event of any cases of food poisoning, affecting two or more children, we will inform OFSTED as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.
- Special provision for children that require additional medical needs will be at manager discretion and recorded on the child individual care plan