



Food and Food Hygiene Policy

Date: July 2011

Review date: September 2012

Name of responsible person: Manager / Cook

Policy

At the Honey Pot Nursery we recognise that the quality of the meals served to children makes an important contribution to their overall wellbeing. Mealtimes are opportunities for staff and children to share good food and conversation in a relaxed and comfortable atmosphere. Staff sit with the children and act as good role models, encouraging children to try a variety of different types of food. Older children help with the arrangements for setting up and clearing away meals.

Opportunities are taken to talk with children about healthy eating, to explore different types of food and to grow fruit and vegetables for the kitchen on the setting's allotment.

Menus are carefully planned and follow the nutritional guidelines for children. All meals are prepared from mainly fresh ingredients in the setting's kitchen. Recipes used are low in sugar and fat and avoid the use of salt and artificial additives and flavourings. Menus are displayed on the setting's notice board every day. A variety of dietary requirements are catered for and the utmost care is taken to avoid exposing any child to a food to which he or she might be allergic.

Snacks of fresh fruit, vegetables and milk are provided mid morning. Fresh drinking water is always available in the setting and children are encouraged to drink regularly during the course of the day.

All staff receive basic food hygiene training to enable them to handle and serve food safely. Cleaning routines in the kitchen and serving areas have been set up to ensure that all surfaces and storage areas are cleaned correctly. Food is stored at the appropriate temperature and all fridges and freezers are checked daily and cleaned regularly. Cleaning schedules follow the

Food Standards Agency guidelines. Officers from the local environmental health department inspect the kitchen regularly and any issues are addressed immediately.

Procedures

- *The majority of the food is purchased from local stores*
- *Food is appropriately stored in accordance with current regulations*
- *The menu is displayed on the parent notice board in the Hive*
- *There is particular close liaison with the parents of babies to ensure continuity and promote well being*
- *When food is reheated a detailed written record will be made. Fresh drinking water is always available in the Hive (Bumbles have monitored access)*