

University of Warwick Nursery

Healthy Eating & Safe Food Handling Policy

We recognise the importance of healthy food and drink for young children, so we aim to:

- Provide a comfortable and appropriate environment for children's meals
- Give children the opportunity for social interaction whilst eating and drinking
- Provide healthy, nutritionally balanced meals, snacks, and drinks for the children in our care
- Encourage children to enjoy a varied food and drink intake, considering the differing cultural and religious needs
- Supervise and educate children in expected behaviours at mealtimes
- Meet high standards of food hygiene and safety when preparing food and drink
- Encourage children to participate in growing, cooking, and sharing food where it is age appropriate
- Encourage parents to provide healthy packed lunches and/or tea, when brought in from home.
- Educate children in sustainability and waste reduction
- Lead by example and be positive, healthy role models for the children in our care
- Encourage and support mothers who breastfeed their child. We are committed to meeting the UNICEF Baby Friendly Standards

Policy Aim	Measures
Provide a comfortable and appropriate environment for the children's meals.	• Ensure that the mealtimes are an enjoyable experience, with all children seated on a chair when possible, at a table and with adequate space around them. • Provide a clean, comfortable, and calm eating environment which is free from distractions as much as possible.
Give children the opportunity for interaction whilst eating and drinking.	• Create a designated mealtime for all children, where they eat face to face and as a group.
Provide healthy, nutritionally balanced meals, snacks and drinks for the children in our care.	• Ensure that the provision of food and snacks will meet the voluntary Guidelines for Food and Drink, in the early year's settings. These guidelines will also apply when cooking activities are carried out with parents, carers, and children. • Provide children with a healthy choice of snacks. Dried fruit such as raisins will not be offered as a snack as they are sticky, contains sugar and may cause tooth decay. • Encourage the use of free flow feeder cups from 6 months of age. When they are able, children can progress onto an open cup.

	• Discourage the use of non-spill, valve cups as they may prove harmful to teeth. • Offer children plain water or milk. No fruit juice or squashes. • Ensure that children have access to drinking water anytime. Demonstrate to children who are able, how they can obtain drinking water.
Supervise and educate children in expected behaviours at mealtimes.	• Always supervise children when eating and drinking. • Provide the appropriate utensils for children at mealtime. • Demonstrate to children how to use a knife, fork, and spoon. Encourage and support other cultural ways of eating such as chop sticks or using a hand.
Meet the high standards of food hygiene and safety when preparing food and drink.	• Include information at staff induction, about the safe handling and storing of food and drink. • Ensure all staff preparing and handling food and drink have the appropriate food hygiene qualifications. • Provide suitable facilities for hygienic preparation of food for children, if necessary, including suitable sterilisation equipment for baby's food and formula milk. • Establish an area which is adequately equipped to provide healthy meals, snacks, and drinks for children as necessary.
Encourage children to participate in growing, cooking and sharing of food.	• Enable children to understand and appreciate the process of a meal, from its source-to the plate. • Educate children in the health benefits of fresh, rather than processed food.
Encourage parents to provide healthy packed lunches and or tea, when brought in from home.	• Ensure that all food and drink brought in from home conforms to the healthy eating standards. Staff to provide a list of suitable healthy foods for lunch and tea boxes. • Pack lunches and teas from home should be brought to nursery in a cool bag with an ice block, to keep food cool. • All uneaten food brought in from home is returned to parents. No left-over food will be put in the bin. Parents are then fully aware how much or how little their child is eating.
Educate children in sustainability and waste reduction.	• Educate children in the importance of reducing litter and food waste. • Encourage parents to place packed lunches in a reusable container, rather than the shop packaging. Avoid purchasing and using single use plastics. • Ensure that all packaging is returned home with the child.
Lead by example and be a positive, healthy role model for the children in our care.	• Acknowledge that all guidelines apply to staff, as well as children. • Ensure staff do not display or allude to behaviours which contradict policy.

Discourage the use of food for rewards.	• If sweet treats are brought into the nursery to celebrate a child's birthday, for example, the sweet treats can be shared amongst their peers but not consumed on the premises. All sweet treats must be taken home and consumed under parental guidance. Birthday cake can be eaten at nursery.
Encourage and support mothers who breastfeed their child. We are committed to meeting the UNICEF baby friendly standards.	• Support mothers who wish to breast feed their child, either by coming into nursery to give a feed, or through staff giving expressed breast milk. Offer a private space for breastfeeding. • Provide a separate fridge to store expressed breast milk in and a policy for parents on labelling their baby's milk. (Blue room milk kitchen)

SAFE FOOD HANDLING POLICY

It is a requirement that the nursery takes every step possible to ensure the safety and wellbeing of the children. This includes ensuring that any food consumed in the nursery is safe and fit for the children.

It is therefore essential that the following guidelines are always followed:

Staff Training

All domestic staff must, at the earliest opportunity attend a CIEH Level 2 award in food safety and catering. All Childcare Practitioners complete the University Food Hygiene and Food allergens training. These are updated every two years.

Kitchens

The kitchens will be cleaned each morning before the nursery opens by university appointed cleaners. Floors should be mopped & surfaces cleaned using appropriate cleaning products.

The fridge temperature must be taken and recorded in the Safer Food Better Business Diary.

Throughout the day the kitchens should be kept in a clean and ordered state.

At the end of the day the kitchen should be left in a clean and ordered state, bins must be emptied, the dishwasher drained and wiped through, surfaces cleaned, all crockery & cutlery put away. No food should be left out. Power points switched off except for the fridge, and the closing checks box ticked in the Safer Food Better Business Diary to confirm.