



Holbourn House Day Nursery & Pre-School  
The Old School  
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## Healthy food policy

### *Our Aim:*

*Holbourn House Day Nursery ensures all children are offered a wholesome and varied diet to meet the children's individual dietary needs. We feel that meal and snack times are important for children to develop social skills; it is also a time to encourage and promote healthy eating.*

47. EYFS links- *"Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious"*

We employ a head cook who is responsible for the kitchen and food safety.

### Our practice:

- Children with food allergies, intolerances and other dietary requirements are identified via the section on our registration form and discussion with parents when the child starts nursery. If necessary a care plan can be put in place.
- If a child has a special dietary need, all staff and volunteers are informed and a written note / reminder is placed in the kitchen as a reference with the child's name and particular food requirement. The head cook ensures ingredients are suitable.
- Children with allergies, intolerances and special dietary requirements will be offered a similar alternative to the menu meal, which will be prepared, cooked and served separately.
- If a severe allergy is identified in a child then certain food items may be excluded from the nursery setting. The severity and effects will be discussed with the children's carer in these circumstances.
- All staff and volunteers are required to show sensitivity when involved in meal times, making sure that they do not single out particular children because of their dietary requirement.
- We strongly discourage children from swapping and sharing food and drink, in order to protect children's individual dietary needs and to prevent cross contamination.
- Food is prepared and cooked on the premises to environmental health guidelines.

- We pay particular attention to the ingredients of the food we serve, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- The menu is planned in advance and the daily meals are displayed on the board for everyone to see.
- Healthy eating habits and the *Government's recommended "5 a day"* are re-enforced at every available opportunity throughout our daily activities with the children.

### Hygiene and oral health

- The head cook is responsible for:
  - Keeping up to date with new and existing legislation.
  - Environmental Health inspections (yearly inspections).
  - The kitchens first aid kit (blue).
  - And has also attended a food handling analysis course.
- Food is purchased from supermarkets via online delivery on a weekly basis and topped up from the local area where required.
- Food is kept in the kitchen cupboards, fridge or freezer as necessary. Fridge and freezer temperatures are monitored and logged down in compliance with Environmental Health guidelines. (temps are displayed in the kitchen)
- A diary is kept listing menus, cooking times and food temperatures (using a probe), Fridge/freezer temperatures and cleaning records.
- The menu is planned seasonally – references made to the diary to ensure a varied nutritional diet.
- Stock rotation is adhered to, however, the shopping is done and used on a weekly basis, and therefore this does not pose an issue.
- Parents are informed via a weekly email of food being cooked the following week. Menus are also available on the online child management system that all parents have access to.
- Special dietary requirements are catered for – there is a section on the registration form on which to inform us of this. All staff are then informed of the child's requirements and a list is posted in the kitchen with child's name and their dietary need. (We try to offer an alternative food of similar appearance to the menu).

- Tabletops are cleaned and sanitised using anti-bacterial spray before and after meals and snacks. Different coloured cloths are used to differentiate between the art cloth and cleaning cloth.
- All cups, bowls, plates and cutlery are child sized and are washed in the dishwasher.
- Meals are cooked on the premises in our kitchen. The meals are served in the kitchen then taken to the children seated. Children are asked likes and dislikes at meals and snack times and we try to cater for children expressing these opinions. We actively encourage children to develop their tastes by trying new foods. If a child does not like a certain food we will offer an alternative.
- Before meals we wash our hands and after eating; faces and hands are washed.

#### Sample Menu

	Morning snacks 10:15am- 10:45am	Dinner 11:45am- 12:45pm	Afternoon snacks 2:15pm- 2:45pm	Tea At 4:00pm
Monday	Savoury Rice	Pasta Bolognese Fresh fruit salad	Brioche	Eggy bread, Cake and yoghurt
Tuesday	Fruit	Sausage roast pots runners, carrots and gravy Cake and custard	Wraps	Pizza, Choice of fruit
Wednesday	Flat bread and dip	Chilli on jacket potato with broccoli Yoghurt	Raisins	Sausage rolls, Trifle
Thursday	Cucumber, carrots and dip	Fish fingers, mash potatoes and peas Mandarins in jelly	Fruit	Sandwiches and salad, cookies
Friday	Wraps	Quiche, new potatoes and mixed vegetables Banana split	Rice cakes	Beans on muffins, Yoghurt

- All members of staff sit with children at mealtimes, this provides opportunities for them to widen social contacts and learn from older role models. The Staff observe what and how well the children eat so they can give feedback to parents.
- Choices of snacks are provided for the children and water or milk (milk alternative if required).
- Children are made aware that fresh drinking water is available at all times.
- At all meal times children are encouraged use appropriate utensils for their ages and stages of development.
- Any cases of food poisoning affecting 2 or more children will be notified to Ofsted immediately and internally investigated by the Management and Head Cook.