



Food and Drink Policy

At Windsor Kindergarten we believe that healthy lunches and snacks are important for active children and eating healthy food helps children concentrate and learn. Mealtimes should be happy, social occasions for children and staff alike where we promote shared positive interactions. Children are requested to bring a piece of fruit to the nursery school, and we will provide a drink of milk or water, bread sticks, rice cakes, toast, etc. unless there are any specific dietary issues to address.

The children who have lunch at Windsor Kindergarten have hot lunch provided by www.apetito.co.uk company. For after school club children, tea/snack is provided and prepared by after school club on the premises.

We aim to promote the right environment for our children to understand the importance of making healthy food choices. Every mealtime is an opportunity to have a "family style dining" talking about our food in a relaxing and social environment.

We are committed to offering children healthy, nutritious, and balanced meals and snacks which meet individual needs and requirements. To do this we ensure that menus are planned in advance, rotated regularly, and reflect cultural diversity and variation. These are displayed for children and parents to view. After School Club children choose their menu every week.

We provide nutritious food at all snacks and mealtimes, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colouring.

Our Method

- Before a child attends our setting, we find out from parents and carers specific dietary needs, including allergies. This information forms part of the registration form.
- This information is recorded and discussed at team meetings.
- We regularly consult with parents/carers to ensure that our records are up to date. When changes are made, parents are required to sign the changes.
- We make Healthy Posters which we display to highlight current information about dietary needs so that all team members and volunteers are fully informed.
- We implement systems to ensure that children only receive food and drink consistent with their dietary needs as well as parental wishes.
- We have implemented a nut free zone at Windsor Kindergarten (see separate policy) so take care not to provide any foods that contain nuts or traces of nuts (e.g., some dried fruit).
- We provide pasteurised milk and oatly oat milk at snack time.

- We have fresh drinking water available at all times throughout the session and children are encouraged to help themselves.
- We organise snack time to fit in with the free flow play at Windsor Kindergarten.
- Snack/Teatime is a social occasion; we encourage good manners and increasing independence from preparing the fruit/tea themselves, pouring drinks and making choices.
- We believe the meal and snack times give us opportunity to help children to develop independence through making choices, learning life skills, serving food and drink, and feeding themselves. With keyperson support children are encouraged to make healthy choices and understand the need for healthy eating. Children will be given time to eat at their own pace and not rushed.
- We always ensure that the company which delivers hot lunches provides foods from the diet of each of the children's cultural backgrounds, provides children with familiar foods and introduces them to new ones. Cultural differences in eating habits are respected. Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes for toddlers and young children.
- We follow Food Standards Agency Regulations which are:
 - Hot food is kept above 63 degrees C, and the temperature is checked and recorded before serving.
 - Cold food is kept below 5 degrees C.
 - Food can be reheated thoroughly only once above 75 degrees C, the temperature is checked and recorded before serving.
- In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the nursery and After School Club 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.
- We display a Food Hygiene Certificate

Food Hygiene

- Adults and children wash their hands thoroughly before preparing or eating food.
- Fresh fruit and vegetables are peeled or washed before consumption.
- Anti-bacterial spray is used to clean surfaces before preparing and / or consumption of food.
- Staff preparing food must wash their hands.
- Hair must be tied back.
- An up-to-date Food Hygiene Certificate must be held by the member of staff preparing the food.
- Washing up is always done in hot soapy water, rinsed and the air dried if possible, or the dishwasher is used.
- Washing up cloths are to be renewed daily.
- All packets, foods and drinks must be clearly marked with the date of opening.
- The kitchen must be left in a clean and tidy state.

Birthdays

Children like to celebrate their birthdays at Kindergarten/After School Club and bring in things to share with others to celebrate. This is perfectly acceptable, and the children do enjoy sharing with their friends. Because of the allergies within the group, we require the children to hand out their treats at the end of the session for the others to take home. If homemade or bought cakes, etc., are provided, all ingredients are listed for the parents/carer's information. Because Windsor Kindergarten is a nut free zone, parents must make sure the treats are suitable.

Policy reviewed September 2023