

HEALTH AND SAFETY PROCEDURES

SECTION 2 -(b)

FOOD

The staff and committee at the Preschool regards snack and meal times as an important part of the Preschool's session/day. It provides a social time for children and adults to sit together and talk about home, school events and personal interests.

The Preschool will abide by the Food Safety Act 1990 and Food Hygiene Regulations 1991 and any subsequent legislation.

The following safety precautions are taken:

- The kitchen area and equipment are cleaned regularly. China and utensils are free from cracks and chips and are kept in a clean place. Children are given plastic cups, plates and stainless steel utensils to eat and drink with.
- Tables used for food and drinks are cleaned before and after use, using antibacterial cleaner, and floors are swept when necessary. Wipeable table mats are placed on table where children are making, preparing and eating food. These mats are wipe down before and after use with antibacterial cleaner.
- Food handlers are aware of the need for personal cleanliness. At least one member of staff each day will have an up to date Food Hygiene Certificate.
- Adults preparing and serving food and drinks wear disposable aprons.
- Children and adults are encouraged to wash their hands in clean water and soap after toileting and before eating or handling food. Children bring in their own towel for drying hands.
- Children are not allowed in the kitchen or unsupervised in other food preparation areas. When helping to prepare food children wear protective aprons and hats.
- A clean tea towel is used each day.
- Adults with drinks made with boiling water are excluded from the play area. Drinks are allowed out into the room when they have cooled down. Such drinks are never left unattended and are placed out of reach of children.
- No child is left alone while eating.
- Food waste is disposed of hygienically, in a separate bin to other waste and removed from the premises at the end of each day.

SNACK AND MEAL TIMES

- Information about a child's specific dietary needs is recorded in his/her registration record which parents fill in and sign when starting at the provision. Current information about individual children's dietary needs is displayed on a chart in the office and kitchen so that all staff and volunteers are kept fully informed and on individual snack cards that are used during snack times.

- Children are asked to come to preschool with a water bottle which is placed within easy reach of them in the mobile, so they can access a drink at any time during the day.

- Fruit and vegetables, promoting healthy eating at snack time. Children are able to use child safety knives to cut a piece of fruit from the tray in the middle of the table.

A CHOICE of water or milk (semi-skimmed) is offered for the children to pour themselves, encouraging independence and physical skills. Bread and spread is offered as an added choice.

All children's dietary needs, including any allergies are taken into account with foods and drinks offered.

When children have finished snack, they take their plate and cup to the washing up bowl in the sink in the preschool room, where there is warm soapy water and a cloth available for the children to wash up with. All cups and plates are loaded into the dishwasher after snack to ensure they are thoroughly cleaned.

- From time to time we include foods from other cultural backgrounds which tie in with our themed planning, offering children further choice and introducing them to new tastes and textures. Through discussion with parents and research by staff, we obtain information about the dietary rules of the cultural groups to which our children and their parents belong. We take account of this information in the provision of food and drinks.

- When a child is celebrating a special occasion, and food is brought in to share, this will be included in the 'snack time', paying attention to all children's dietary requirements and allergies.

Good manners and politeness by all is encouraged and highly praised.

LUNCH TIME

Lunch is included in the session from 12 midday to 1pm; where children can enjoy further social interaction with their friends. This session is structured to develop independence, social interaction, communication and good manners. When children have finished eating they can enjoy further free play.

- The Preschool has a **no nut** rule to protect children who have an allergy to nuts.

- A 'hot dinner' can be ordered from the school kitchen. A menu is available in the school office. Meals must be ordered and paid for at school at the beginning of each week.

- We inform parents who provide food for their children about the storage facilities available in the Preschool. Ice packs are placed inside each lunch box, and the boxes are stored on a trolley in the kitchen. Hard plastic lunchboxes cleaned with anti-bac wipe and are

placed in the fridge.

- We have a policy of healthy eating, and promote this to parents/carers through posters, a leaflet giving ideas of what to include in a child's lunch box, and activities.