

The Acorns Day nursery

Food and Drink Policy

Lunch will be prepared in St Stephen's Junior School kitchens. These meals will offer a full, varied, nutritious and balanced diet. We will cater for any specific dietary requirements as much as we can, in some cases this may require parents/carers bringing in food for their child.

Children's allergies or intolerances to food are taken into account and steps are made to ensure all staff are aware of this important information. 'Red' allergy/diet requirements cards will be in both rooms so every staff member can refer back to these for the child.

Parents/carers are able to bring in packed lunch for their child if they wish to do so; these will be stored in the fridge. Food being brought into the nursery from the school kitchen is tested with a temperature probe before leaving the school kitchen to ensure it is above 75 degrees. The food is then stored in heat boxes until it is ready to be served. Food requiring heating will be heated to above 75 degrees and the temperature is logged down. Staff wash their hands and aprons are always worn when preparing and serving food. Food for the babies who are weaning will also be prepared in the school kitchens, such as sweet potato, butternut squash, carrots etc. This will be frozen into cubes and defrosted as needed. Food stored in the freezer is kept for no more than two months. Parents/carers are able to bring in bottles ready made up; it will be kept for only 1 hour after use. If formula is brought in it must have clear instructions and be clearly labelled with the child's name. Once the formula has been opened we will date it and keep it for no longer than 4 weeks. All children's bottles and food in the baby room is kept in the fridge in individual baskets labelled with the children's names.

During the school holidays the manager or deputy manager will cook the lunch meals, the temperature of the food will be tested to ensure it is above 75 degrees and recorded.

Tea will be provided and will again be nutritious and balanced. There will be 2 snack times during a full day that parents/carers will bring in as a donation such as fruit, vegetables, breadsticks and crackers etc, this is shared out between all of the children and provides them with the opportunity to try new and different things. We provide milk and water at this time. Children will be involved in preparing snacks giving them an understanding of where some foods come from and the importance of a well balanced diet.

The nursery will provide water throughout the day. Children in the Ladybird room are able to help themselves to water whenever they choose from a water cooler situated in the room. Children in the Bumble Bee room have their drinks stored in a way that makes them visual to the children; they can therefore indicate when they would like a drink. Makaton signing is also used and practitioners ensure children drink throughout the day.

All staff have food hygiene training.

September 2016