

# Healthy Meals, Food and Drinks Policy

At Rum Tum Tugger's nursery we are committed to providing children in our care with healthy snacks and meals; catering for children with special dietary requirements, parental preferences and those with allergies and intolerances. Our menus are designed to be low in salt and sugar and to have low allergens. We provide seasonal menu's ensuring the children experience seasonal fruit and vegetables.

All meals are prepared on site by staff holding a relevant Foundation Certificate in Food Handling. We adhere to all storage and cooking instructions found on food labels and packaging.

We ensure that:

- When freezing foods the date is written clearly on the original packaging
- Fridge and freezer temperatures are logged daily and weekly
- All foods are kept in original packaging
- Any foods found past their use by date or look/smell unusual is discarded.
- Bread and baked products with a sell by or best before date will be checked for any spoiling if the date has passed.
- Any opened foods are kept in airtight containers and cleaned once empty
- Drinks are provided throughout the day for both children and staff
- All foods are purchased from a supermarket.
- Meats are probed to ensure cooked throughout
- Meat temperatures are recorded
- Frozen foods are defrosted thoroughly
- Fresh and cooked meats are kept separately.
- Special dietary requirements and allergies are recorded, with each staff member having a copy.
- Each child has a personalised place mat indicating food preferences, intolerances, and allergies

- Special foods are placed on different plates to ensure they go to the correct child.
- Medicines are stored away from nursery foods
- Menus are devised to be low salt, sugar and low allergen
- Allergens are recorded and stored in the kitchen
- Menus are reviewed seasonally
- Staff may only have plastic bottles of water in the nursery rooms
- Staff may only consume food during breaks
- No chewing gum is permitted in nursery
- Staff are encouraged to sit with the children at lunch times and may have a small bowl of the children's food after all children have been served to encourage a sociable meal time. They may not class this as an opportunity to have lunch.
- Children's teeth are cleaned after lunch

Reviewed by Jillian Pascale February 2016