

## Food and Drinks Policy

Rum Tum Tugger's provide a diet which encourages healthy eating. 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 have seasonal menu's and regularly review meals and ask children for feedback.

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.
- 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 and low allergen and in conjunction with the EYNP
- Where possible, milk and vegetables are organic
- Menus are reviewed seasonally
- Staff may only have plastic or refillable bottles of water or squash in the nursery rooms

- Staff may only consume food during breaks. Any foods consumed in the rooms must be within the nurseries healthy eating programme
- No chewing gum is permitted in nursery
- Staff are asked not to eat food purchased and prepared for the children without permission
- Children's teeth are cleaned after lunch

Reviewed Jan 2020 by LBD