



## **Nutrition, Meals and Oral Hygiene**

### **Introduction:**

BCoT nursery is committed to offering children, healthy, nutritious and balanced meals and snacks which meet each individual child's needs and requirements. We provide breakfast, morning snack, lunch, afternoon snack and tea. We work in partnership with Taste (The College Caterers) who provide the lunch and the tea time meals, with breakfast and snack being provided by the nursery.

### **Procedures:**

- The nursery is a nut free setting, we ensure that all the food we provide is nut free and ask parents/carers not to bring any foods containing nuts into the nursery.
- Menus are planned in advance, rotated regularly and reflect cultural diversity and variation. The menus are displayed on the wall in reception, in the foyer and on the nursery website for parents to see. Copies of the menu are available on request.
- Nutritious food is provided at all snack and meal times, following guidance from Hampshire County Council's 'Nursery School Meals Project' which we participated in, in 2009 & 2010. Full fat milk is provided for children aged one to two years old and semi-skimmed for children aged two years and over.
- Individual dietary requirements are respected and alternatives are provided where needed.
- Where a child has an allergy, parents/carers complete a Dietary Requirement Form. This information is displayed clearly on the notice board in the kitchen area for all staff to see. If a child has been prescribed medication for an allergy, such as Piriton or an auto-injector pen a Health Care Plan is made for each individual child.
- Where a child has a dietary requirement such as an intolerance or for cultural/religious reasons, parents/carers complete a Dietary Requirement Form. This information is displayed clearly on the notice board in the kitchen area for all staff to see.
- Parents/carers must inform the nursery of any changes to the dietary requirements of their child.
- Systems are in place to ensure that children with an allergy or a dietary requirement are given the correct food. These systems include:
  - Using a coloured plate system for the different dietary requirements – Red/Pink for Allergies, Green for Vegetarians and Blue for Parental Choice/Cultural.
  - Completing a Dietary Requirements form daily for all meals and snacks, listing the variation of food that is given to each child, signed by the member of staff preparing and dishing up the food, a member of staff receiving the food in each given room and management.
- All food and drink is stored appropriately.

- Fridge and freezer temperatures are taken daily and logged. When temperatures are above the recommended levels (fridges – between 3-5c, freezers – below -18c), fridges and freezers will be monitored over the next hour after temperature gauges have been amended. If temperature does not normalise then items will be removed and placed in another unit and a new fridge or freezer ordered.
- Food temperatures are taken daily and logged. Any food item that records a lower temperature of 63 degrees will be reheated in the microwave, stirring the food to take into account hot spots, until the food item is above 63 degrees.
- Staff who prepare and handle food receive appropriate training, understand and comply with food safety and hygiene regulations. The nursery uses the Food Standards Agency 'safer food better business' guidelines.
- Aprons and gloves are worn by all staff serving and dealing with food.
- Fresh drinking water is available all day for the children to access themselves or, for babies, offered frequently.
- Meal and snack times are used to help children to develop independence through making choices, serving their own food and drink, and feeding themselves.
- Meal and snack times are social occasions in which children and adults participate in small groups with staff setting a good example for the children to copy. This will encourage the children to learn good table manners, to say 'please' and 'thank you' and to join in conversations at the meal table.
- Any child who does not want to eat their food will have it removed without any fuss.
- Children who are slow eaters will be able to finish their meal in their own time.
- Positive attitudes to healthy eating are promoted through play opportunities and discussions.
- The nursery promotes oral hygiene in a variety of ways including discussions, healthy eating activities and oral hygiene activities.

The nursery receives a visit from the Environmental Health annually and currently hold a Food Hygiene Rating of 5 – Very good

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