

KLOISTERS KINDERGARTEN

SAFEGUARDING AND WELFARE REQUIREMENT: Health

Food and Drink

Kloisters regard snack and mealtimes as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating whilst playing and role-playing with the children with appropriate resources and materials.

Before a child starts at Kloisters we find out from our parents their child's dietary needs and preferences, including any allergies. We record each child's allergies/dietary requirements on his/her registration forms and parents sign the record to signify that it is correct. If your child has an allergy to food or medication, we will complete an allergy form to ensure we have the correct information on there and this will be reviewed every 3 months.

We regularly consult with parents to ensure that our records of their dietary needs – including allergies are up to date. We ensure that parents are informed of our policy on healthy eating and the child registration pack always includes a Healthy Roots leaflet and ideas for healthy packed lunches.

All staff are informed of these requirements and 'Talking Mats' are annotated to this effect. This is to ensure that lunchtime assistants and new members of staff have the information if the child's key-worker is not present.

Birthday's and celebrations

On occasions parents/carers may bring in cake for a child's birthday/celebration, parents will keep us informed if their child needs to avoid the food provided and we ask them to provide an appropriate alternative so that they are not excluded.

We encourage the exploration of foods from other cultures and welcome families bringing in food for the children to try when they are celebrating something special, ensuring to inform all parents beforehand of any allergies or dietary requirements of the children in the class so that all children are included.

We may also explore a range of foods in our day to day learning experiences and will always keep to dietary requirements when providing these.

Snacks

All snacks provided will pay due attention to children's particular dietary requirements, and will promote healthy eating. Snacks are provided at 9.30am and 3.30pm on a 3 weekly menu which is planned in advance involving children and parents in the planning and food offered is fresh, wholesome and balanced menu's are on display at all times in the lobby for parents to see.

At snack time they are encouraged to use open cups, the snacks are brought into the classrooms for the children to help prepare with the supporting adult (making allowances for allergies, likes/dislikes, cultural/religious and vegetarian requirements.)

Tables in all classrooms that are being used for the snack stations are cleaned and prepared with antibacterial surface cleaner. All children should wash their hands but if they are off the premises or no sink is available (i.e. in the garden), alcohol gel should be used for the children's hands. Any child who needs a bib/apron will be provided with one.

Children with allergies have a 'talking mat' and the children will be encouraged to bring their mat to the table whilst eating snacks. This provides the information that is imperative when the children have a particular allergy or dietary requirement. This information is also kept on an allergy list in a concealed file on the wall of each classroom.

A member of staff will sit at each snack station to help and encourage the children to pour their own drinks. The member of staff will wear vinyl gloves, hair net and a disposable apron. The children will be encouraged to help themselves to a snack, but watching closely those children with allergies.

Staff will use this time to talk to the children, making it a social occasion for all of them and if applicable turn the situation into a learning experience e.g. how many cups, what colour are they, healthy/unhealthy food choices.

We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves and we have a positive and welcoming **eating** environment to encourage children to **eat well**.

We provide children with child safe knives/utensils that are appropriate for their ages and stages of development whilst preparing food and at lunchtime the children have adult size knives and forks etc, so that this mimicks what happens in their own homes.

We have fresh drinking water constantly available for the children. We inform the children about how to obtain water and that they can ask for water at any time during the day. On entry each child will also be given a Kloisters water bottle, that their name be written on (aided by a photo of each child for recognition where appropriate) to encourage them to drink more water during the day.

We inform parents who provide food for their children about the storage facilities available in the setting.

Diet

The sharing of refreshments can play an important part in the social life of the Kindergarten as well as reinforcing children's understanding of the importance of healthy eating. We at the Kindergarten will ensure that:

All snacks provided are nutritious in line with the Eat Better, Start Better programme and the Voluntary Food and Drink Standards for Early Years.

Children's medical and personal dietary requirements are respected.

A multicultural diet is offered as much as possible through our snack, lunches and topics covered, to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.

The dietary rules of religious groups and also of vegetarians and vegans are known and met in appropriate ways.

We take care not to provide food containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts.

In the main meal offered the following elements are included:

Protein for growth

Carbohydrate for energy

Essential minerals and vitamins in raw foods, salads and fruits

For young children under 2 who drink milk, we provide whole pasteurised milk. Although we slowly introduce semi-skimmed milk from the age of two years; firstly into meals and dishes, such as on cereal, before offering it as a drink, so that the transition is gradual.

For each child under two, we gain the information from parents on admission and this gives us a daily information about feeding routines, intake and preferences.

Oral Health

We believe that all children deserve the best start to life and this includes oral health. We are committed to ensuring that the children in our care receive positive messages regarding teeth brushing and how to keep our mouths healthy. We advise parents when starting with us to visit the dentist regularly, provide regular information around children's oral health through our facebook page and include oral health in our day to day teaching and discussions with the children, talking about the importance of teeth brushing.

Hot Lunches (provided by The Professional Nursery Kitchen)

Our hot lunches are provided by Healthy Roots (www.tpnk.co.uk)- a Healthy food company based in Essex), they are working in partnership with Early Years Nutrition.

When hot food is served, temperatures are taken of any food containing protein, such as gravy, custard, fish and cheese. Protective clothing including aprons and hair nets as well as gloves are worn by all staff who are in contact with food.

All food temperatures are recorded and must be 63 degrees centigrade or above and if the hot lunch is re-heated it must be probed again and recorded 75 degrees centigrade or above (in-line with "Safer Food, Better Business" legislation 2016 (updated January 2019).

Alternatives are also provided when required that cater for all food allergies as well as alternatives for religious and medical reasons and the kitchen operates in a nut free environment.

We ensure where possible that adults sit with children to eat their lunch so that the mealtime is a social occasion, the children are encouraged to self serve and the adults support them with this to teach them about portion control, so that they do not serve themselves portions that are too big or too small.

Packed lunches

If the child brings packed lunch into the setting, if asked we will make sure that perishable items will be placed in the fridge. Notices are displayed to inform the parents of this policy.

Food will only be re-heated if it is provided from home for a child in baby-room (as long as it is not rice as we will not be aware of how this has been cooked and cooled).

We encourage parents to provide sandwiches with a healthy filling, fruit and milk based deserts such as yoghurt or crème fraiche. We DO NOT allow sweet drinks unless it's for in-between a meal and we do provide children with water during the day and milk.

We DO NOT allow packed lunch contents that consist largely of crisps, processed foods, sweet drinks, products such as cakes or biscuits as these can damage young children's teeth and do not give the children enough energy to learn and play.

We reserve the right to return this food to the parent as a last resort

ALL children with food allergies, that bring in packed lunch also use their Talking Mats so that children with food allergies are protected. We discourage children from sharing or swapping their food with one another.

We ensure where possible that adults sit with children to eat their lunch so that the mealtime is a social occasion.

Fussy eating policy

We recognise that fussy eating is common in the early years and is part of typical child development, fear of new foods affects 10-20% of young children, at Kloisters we will do all that we can to encourage these children to try the food they have been given.

The children self-serve at lunch time, therefore those children who express their dislike are encouraged to place a very small amount of food on their plate to begin with so that they can try it before refusing it, they can then request another portion if they enjoy the meal and are still hungry.

If a child decides they have had enough but hasn't eaten a sufficient amount (around ¼ of the portion), we will listen to them but always offer this as well as their pudding at a later time (after storing appropriately, usually around 1.5 hours later). We realise that making children eat more than they want to can result in issues around recognising the feeling of hunger or feeling full which is why we will not pressurise them to eat more than they want but will offer later.

If the child refuses a certain food particularly at snack time, we use a simple process of asking the child to pick it up, smell it, lick it and bite it, praising them for their efforts when they reach each step. If they really do not like it after trying we will offer a healthy alternative but will continue to offer the food when it is on the menu.

Staff Training

At Kloisters we are confident that all staff responsible for preparing and handling food are competent to do so.

11 Staff have taken a Food Hygiene – Level 2 course and is valid until 1st November 2021 and any new staff are fully trained on induction. Any changes in regulation or new members of staff are fully trained where applicable. Link on– letsgetcookingathome.org.uk

