



Dunnottar Nursery

Provision of Food Policy

Policy Statement

As part of our Early Learning and Childcare provision, we provide opportunities for our children to enjoy the social aspects of eating together as well as developing their knowledge about different food types and how to prepare their own snack. We have a duty of care to provide this overall development of positive food habits based on a balanced nutritional diet.

Health and Social Care Standards My Support, My life 2017, Scottish Government. As part of being registered with the Care Inspectorate, we must comply with this document and illustrate the standards within our nursery.

1.33 I can choose suitably presented and healthy meals and snacks, including fresh fruit and vegetables, and participate in menu planning.

1.34 If I need help with eating and drinking, this is carried out in a dignified way and my personal preferences are respected.

1.35 I can enjoy unhurried snack and mealtimes in as relaxed an atmosphere as possible.

1.36 If I wish, I can share snacks and meals alongside other people using and working in the service if appropriate.

1.37 My meals and snacks meet my cultural and dietary needs, beliefs and preferences

1.38 If appropriate, I can choose to make my own meals, snacks and drinks, with support if I need it, and can choose to grow, cook and eat my own food where possible.

1.39 I can drink fresh water at all times.

Aims

We strive to make our provision of food (snack and lunch) an experience that children look forward to participating in. This could be simply enjoying eating the food or trying food that is new to them, trying to decide if they like the taste, smell and texture of it. Discussing this with their friends and staff. We want our snack and lunch to be a time when children can relax and enjoy the experience, a break in the session from their play and an opportunity to refuel and reflect on their morning and chat about their plans for the afternoon. We want our children to be involved in talking about and making decisions about what they would like to have for snack. Hearing their voice and valuing what they have to say, so they realise that their suggestions are taken forward.

Children have the right to good quality health care – the best health care possible – to safe drinking water, nutritious food, a clean and safe environment, and information to help them

stay healthy. Rich countries should help poorer countries achieve this. (United Nations Conventions on the Rights of the Child - Article 24)

Procedure

COVID-19 UPDATE – Please take note that from August 2020 our children are no longer involved in preparing food. This will be reviewed as and when we receive updated guidance from our local authority.

- As part of your child's funded Early Learning and Childcare 1140 hours entitlement, your child will receive a meal (lunch) This lunch is included within the 1140 entitlement.
- If your child attends another funded childcare provider, we need to be aware of where your child is accessing their meal as part of their 1140 entitlement. The 1140 provision of food stipulates that every child attending a funded ELC session is provided with a free meal. Unfortunately, we cannot accept packed lunches from home due to our limited fridge storage and Covid-19 measures.
- We follow the nutritional guidance stated in *Section 3 Food, snack and drink guidance for children aged 1 to 5 contained within, Setting the Table* (published by NHS Health Scotland) to ensure that we are providing a high quality balanced diet that is appropriate to the needs of your child. Please click on the link in the reference section for further detail if required.
- Children will be involved in the process of choosing food for snack. Discussing the different food groups and types of food that fit these groups and why a variety of food contributes to a healthy diet.
- As part of our admission information gathering process, we rely on the parent/carer to inform us about any medical conditions and/or religious/cultural requirements that we need to be aware of. We have systems in place to manage medical conditions and to record any dietary requirements. Children who have specific dietary requirements and/or allergies can be identified by a photograph that explains what the restriction is. All staff including supply/student staff are aware of this. This information is located on the inside of a kitchen cupboard door for ease of access and confidentiality (top cupboard on left side of cooker).
- Medication that is stored for children who have food related allergies is noted on the child's information card located inside a kitchen cupboard door (top cupboard on left side of cooker) Medication is stored in the medical cabinet in the kitchen area and this is clearly labelled. This cabinet is unlocked during session times.
- The temperature of the fridge and freezer is checked and recorded twice daily. Any issue with the appliances, not maintaining a constant and correct temperature is reported immediately to DHT.
- We receive our snack food from a reputable supplier.
- Parents/carers received an email with the food choices and associate allergens.
- Adult cleans food preparation and serving areas with hot soapy water followed by anti-bacterial spray. Children will be out of this area when chemical sprays are used to prevent asthma attacks and to maintain their general health and wellbeing.

- Adult wash their hands, tie back their hair, put on IIR medical grade face masks and a white disposable apron. Hand washing is repeated when necessary during the preparation process.
- Adult ensures that any stones or pips are removed from food. Small fruit e.g. grapes/cherry tomatoes are cut in half lengthways and cut into quarters. Large fruit is cut into slices rather than chunks to reduce the chocking risk.
- The snack area is constantly supervised to reduce the risk of choking.
- Staff who are organising/responsible for food provision will be part of the food eating experience e.g., sitting down with our children to develop and extend conversations and to support the social aspects of this experience.
- All staff have the appropriate First Aid Certification and Food Hygiene; this is displayed in the kitchen area.
- A poster to inform staff of what to do if an emergency happens involving a choking of a child is displayed in the kitchen area.
- If the cooker/toaster is being used **ALL** children are warned of the danger and asked to keep away from it.
- Our lunches are prepared by the catering staff at Carronhill School. Our lunches arrive in nursery, transported in insulated storage containers. We follow Cooksafe guidance and temperature probe hot foods to ensure that the critical temperature has been maintained. This is recorded with any corrective actions as needed.
- Digital temperature probe is tested/recorded monthly to ensure accuracy.
- When ready, call the class to come for snack. Each child washes and dries their hands and collects their own food and drink.
- When finished, children put their own food waste in the bin and place their dirty dishes in the drawers beside the sink.
- Adult reminds children to wipe faces if required and to wash hands.
- Adult loads the dishwasher once the children are away from the kitchen area.
- Adult cleans the food preparation areas and snack table with hot soapy water followed by COVID Guard spray. Children will be out of this area when chemical sprays are used to prevent asthma attacks and to maintain their general health and wellbeing.
- The microwave, oven and fridge are cleaned on a daily basis. The food cupboards are cleaned, stock rotated and any out of date food is disposed of.
- Freezer is defrosted during each term and recorded.

Training

The Royal Environmental Health Institute of Scotland (REHIS) Elementary Food Hygiene

The Royal Environmental Health Institute of Scotland (REHIS) Infection Control

Staff have received training based on preventing infection in care produced by NHS Education Scotland with specific reference to PPE. This can be accessed through.
[http://www.nes.scot.nhs.uk/education-and-training/by-theme-initiative/healthcare-associated-infections/training-resources/personal-protective-equipment-\(ppe\).aspx](http://www.nes.scot.nhs.uk/education-and-training/by-theme-initiative/healthcare-associated-infections/training-resources/personal-protective-equipment-(ppe).aspx)

All staff have read and discussed the risk assessment (Specific Controls: Use of PPE)

HH 103 Covid Guard training video – dilution rates and how to use the product. Product to be sprayed directly on to large surfaces, product to be sprayed on to a clean cloth for smaller surfaces/high frequency touch points.

Policy Review

This policy will be reviewed regularly and in response to accident, incident or change in National or Local policy or guidance.

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Date of Review: December 2021

Policy Author: Caroline Duncan (DHT)

References

Setting The Table - Nutritional Guidance And Food Standards For Early Years Childcare Providers In Scotland, NHS, 2015

Section 3 guidance pages 48-74

<http://www.healthscotland.com/uploads/documents/30341-Setting%20the%20Table.pdf>

Food Matters, Care Inspectorate, 2018

Infection Prevention and Control in Childcare Settings (Day Care and Childminding Settings) Health Protection Scotland, May 2018

Hand Hygiene: Information to Support Improvement, Care Inspectorate, 2014

Supporting Children with Special Dietary Requirements, Aberdeenshire Council, 2012

Best practice guidance: Managing Choking Episodes In Babies And Children, Care Inspectorate, 16th April 2014

Media Release: New Warning About Choking Risks for Small Children, NHS Grampian Public Health, January 2018

The Food Hygiene Handbook for Scotland, The Royal Environmental Health Institute of Scotland (REHIS), 2013

A Blueprint for 2020: The Expansion of Early Learning and Childcare in Scotland- Funding follows the child and the national standard for early learning and childcare providers: Operating Guidance, Scottish Government, Dec 2018

Cooksafe – House rules, Temperature Control Guidance, Food Standards Scotland, 2016

