

Food & Drink Policy

A good balanced diet is vital for children to develop healthily along with fresh air and regular exercise.

I am happy to provide all children in my care with healthy meals, snacks and drinks, or to cook/serve food provided by their parents.

Meals will be served at set times during the day in order to help manage my time to the optimum. A two weekly rolling menu will be offered for breakfast, lunch and dinner.

I will encourage older children to help in the preparation of meals. I will also introduce children in my care to a wide variety of new foods from other cultures.

I am happy to discuss menus with parents and cater for children with different food allergies and cultural/religious requirements. This will be discussed at our initial meetings and covered in the "Getting to know you" form which is completed before your child starts at Morris Minors.

I will record what your child has eaten and approximate amounts in the daily contact book. If you have any concerns regarding diet/menu/quantity please do not hesitate to discuss it with me.

I am happy to support you if you are weaning your baby. I have a blender and am willing to make pureed dishes if required.

I do not permit children to have fizzy drinks, unless it is a special occasion and parents have given permission. Children are offered water, milk or squash.

I do not encourage children to eat sweets on a regular basis, however I do sometimes offer sweets for special occasions. Please let me know what, if any sweets you permit your child to eat.

As a provider of meals and snacks I am aware of my responsibilities under food hygiene legislation. This includes, if necessary, registration with the relevant Local Authority Environmental Health Department. If this is the case then I am happy to have my premises inspected by a food safety officer.

I will detail any allergens that are present in the food that I prepare for children in accordance with EU Information for Consumers Regulation 2014 and share this with parents/carers

I will list any allergens in ingredients that are present in any food that I produce, as well as being aware when I take children out to eat at other settings. **All registered food businesses** will have to comply with the legislation so I will make sure I am aware of any allergens contained and make this part of my risk assessment.



morris minors

I will ensure suitable sterilisation equipment for babies' food.

I will keep pets out of the food preparation area at all times. If a family pet does gain access to this area then I will ensure that all work surfaces and cooking utensils have been thoroughly cleaned before any food preparation or food handling takes place.

Baby changing facilities will not be near food preparation areas.

I will ensure that I, and everyone caring for children, as well as the children themselves, are aware of good hand washing procedures and how these are carried out.

I will not undertake laundry during times of food preparation and I will ensure that any detergents or soiled clothing will not come into contact with food preparation areas.

If there is an outbreak of food poisoning affecting two or more children looked after on my premises I will notify Ofsted as soon as possible but definitely within 14 days of the incident occurring in order to comply with regulations.

I will keep all food receipts, including those under £10, so that if there is an outbreak of food poisoning on my premises I will be able to trace the outlet where the food was purchased.

Date policy was last reviewed	21/05/2016
This policy is due for review on the following date	21/11/2016

