

21: Food and Drink

Kidz Enterprise is committed to providing healthy, nutritious and tasty food and drinks for children during our sessions. The manager and staff will make every effort to ensure that food and drink is safely prepared and sensitive to the dietary, religious and cultural requirements of all the children.

Before a child is admitted to the setting Kidz Enterprise obtains information about the child's dietary requirements, preferences and food allergies that the child has and any special health requirements. Kidz Enterprise records and act on information from parents and carers about a child's dietary needs.

As part of a child's settling in period, Kidz Enterprise requires that the parents and carers complete the Registration Form, including information about any special dietary requirements or allergies the child suffers from, along with their food and drink preferences. The manager and staff will ensure that food and drink offered to children takes account of this information so as to safeguard their health, and meet - as far as possible - their particular preferences.

The manager and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. Kidz Enterprise is registered with the local authority to provide food. All staff who either handle or prepare food have up to date Food Handling Certificates and are fully trained in food storage, preparation, cooking and food safety.

Ingredients and Preparation

When preparing food and drink, staff will be mindful of the provisions of the Hygiene policy so as to ensure that the safety of staff and children is paramount. In addition to these provisions, staff will be careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.

We make sure that food provided for children agrees with the most recent nutritional guidelines. It is not enough to assume that food provided is 'healthy' - we make sure that children are getting the essential nutrients they need to grow, and none of the excesses in salt, saturated fat and sugar.

We want to make sure the best ingredients are used. We use delicious foodstuffs that are fresh, locally sourced, and seasonal.

Staff are trained to understand the specific dietary requirements of children at different ages, and to help children learn about what is best for them.

Healthy Eating

Kidz Enterprise recognises the importance of healthy eating and a balanced and nutritious diet. Because of this, Kidz Enterprise will endeavour to make a variety of foods available including; meat, vegetarian and vegan options, plenty of fruit and low fat and low sugary food. Sandwiches can be made with either brown or white bread or 50/50 bread, depending on a child's preference.

Each child's dietary requirements are ascertained before the child starts attending the setting. If the child has specific dietary requirements these are discussed with the parents/carers and the manager and menus prepared accordingly for the child. Any specific allergies or requirements will be displayed on a list on the staff notice board. It is the Managers responsibility to ensure these lists are kept up-to-date. Food served does not contain nuts, to protect children who may be allergic to nuts.

Kidz Enterprise will not regularly provide sweets for children and will avoid excessive amounts of fatty or sugary foods. Kidz Enterprise will provide a choice of non-sugary drinks and make sure that fresh drinking water is available at all times.

No child will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or reward.

Mealtimes

Kidz Enterprise realises that mealtimes should be a happy, social occasion for both children and staff, and we aim to make sure that children's knowledge, experience and relationships with food are always positive.

Care is taken to ensure that food is well presented, is varied, and features different colours and textures to appeal to children and expand their palates. We want mealtimes to be fun, and to make the experience a happy one. Children and adults wash their hands before eating and then sit together.

Everything needed for the meal is within reach of staff so that movement of staff is kept to a minimum during the meal. Staff will where possible eat with their key children, to set a good example, and for their own enjoyment.

Learning with food

Food can be the basis of so many fun activities in settings, not just cooking. At Kidz Enterprise we have many food centred activities, which are a good way of introducing children to new types of food before they are presented to them. Food plays a part in counting and maths, science, dance, art and many more activities.

Children are educated about healthy eating, and children love to learn about the origins of the food that they eat. Children gain a sense of nature and learn about where food comes from; learning that food is grown in the ground rather than simply bought in plastic packets from the supermarket.

Cultural and Religious Diversity

Kidz Enterprise and its staff are committed to embracing the cultural and religious diversity of the families who use our services. The manager and staff will work with parents/carers to ensure that any particular dietary requirements are met.

Kidz Enterprise is also keen to help introduce children to different religious and cultural festivals and events through different types of food/drink sessions.

Parental Involvement and Feedback

At Kidz Enterprise we realise that parental and family involvement is key to making sure that children have healthy and happy lifestyles. We display menus, and listen to parent's views regarding menus. Kidz Enterprise actively welcomes parents' feedback as they are intricately involved in the eating lives of their children.

Guidelines for Mealtimes

- Individual dietary requirements are respected
- Staff set an example of good table manners
- Cultural differences in eating habits are respected
- Children will be encouraged to say 'Please' and 'Thank you' and to sit at the table
- Quiet conversation is encouraged
- Any child who does not want to eat will have their food removed without any fuss

- Children who are not on special diets will be encouraged to try new foods but should never be forced to eat them. New foods can be introduced regularly and it is anticipated that children will become accustomed to the new foods over a period of time
- Staff set a good example by eating the same food as the children
- Children who are slow eaters will be given time and not rushed
- The quantity offered will take into account the age of the children
- Drinks are offered with the meal and the children should be allowed to choose when they want them
- Children will be encouraged to use a range of eating utensils
- Children will not be forced to eat meals or finish everything on their plate
- Children should not have to finish everything on their plate in order to be offered more food
- Children will be encouraged and allowed to decide for themselves whether they want to eat all their dinner or not as well as if they want dessert or not
- Children will be encouraged, where reasonably possible, to wait until everybody has finished their first course before starting on their dessert
- Menus will be displayed in the setting for parents/carers to see
- No child is ever forced to eat food they do not want
- Equally, food will never be withheld as a punishment or offered as a reward
- Food served does not contain nuts, to protect children who may be allergic to nuts.
- Staff do not have hot drinks when children are present, to avoid the risk of scalding children
- Those responsible for the preparation and handling of food are fully aware of, and comply with, regulations relating to food safety and hygiene and hold a current Food Handling Hygiene Certificate
- Parents/carers may celebrate children's birthdays by bringing in fruit and non-food items such as balloons, badges, etc. Children will be encouraged to make their own food on occasions
- The Statutory Framework for the Early Years Foundation Stage requires providers to notify Ofsted of any food poisoning affecting two or more children looked after on the premises

Updated By: **Derek Beesley (Director of Childcare)** Date: **6th March 2016**

Signature: **D. Beesley**

Enterprise Ltd.