



The Village Hall, Barking, Ipswich, IP6 8HP
Tel: 07552 410825
Registered Charity No: 1159369

Food/Snack Policy

At Barking Pre-school our aim is to provide a healthy well balanced snack for all the children attending our setting.

All children are to be set an example by the adults and will be encouraged to wash their hands before the preparation of or consuming of food.

Staff Roles

Staff will ensure the tables and work surfaces are cleaned before snack with a new cloth and antibacterial spray.

On induction, staff will be given guidance on food hygiene with demonstrations from the Pre-school Manager. The setting aims to have all staff qualified with a valid food safety & hygiene certificate.

Food and drink will not be used as a behaviour management tool.

Staff will ensure the food provided for snack is stored appropriately in either the village hall fridge (bottom draw) or the settings locked kitchen cupboard.

Staff will lead by example and sit with the children during the snack however any hot drinks will be consumed beside the kitchen hatch to prevent possible scalding accidents.

Allergies/Dietary Requirements

It is the responsibility of the parent to provide information concerning allergies and special dietary requirements by completing the relevant section in the parent pack or in writing prior to the child's initial attendance ensuring the Pre-school Manager is aware of this request. The setting will require a written protocol from a doctor for the care of the child in the event of a reaction to a prohibited ingredient.

The Manager and deputy will ensure all staff, parent helpers and students are aware of the dietary requirements and allergies. A list of these special instructions will be kept in the locked kitchen cupboard for all staff to see. This list will be reviewed regularly in order for new or previous requirements to be added or amended.

Packed lunches provided by parents will be checked by staff for ingredients which may contain prohibited products and may cause harm to children with allergies. Items of concern will be removed and returned to parents on collection. A list of prohibited products will be provided on a regular basis. Staff will update the list once they have been made aware by parents of a food ingredient which may harm a child.



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Drink Facilities

Staff in the setting will promote the importance of drinking both water and milk to develop healthily.

The setting provides fresh drinking water daily throughout the session for all children to access at any time.

During snack time we offer both milk and water which is a free choice for the children. Staff will never force children to drink the water or milk we provide however, if a child has refused to drink during the session the parent/carer will be informed and may result in an alternative to be brought from home.

Our fresh milk is delivered directly to the setting from a local dairy and arranged by Cool Milk. All milk supplied is semi-skimmed. Children are encouraged to pour their own milk from a small jug into either a beaker or training cup with the assistance of staff.

Food & Snack

Snack is offered to children during each session. A consumables charge of £1 per session to assist in the purchase of healthy snacks within the 5 a day healthy eating guidelines. This may include:

- Fresh Fruit
- Fresh Vegetables
- Yoghurts
- Water Biscuits/Breadsticks/Crackers
- Cheese
- Bread

Parents choosing to supply their own consumables will be given a list of acceptable food and must adhere the food guidelines provided by the setting.

Snack is usually offered to the children as a small group activity however in some circumstances a rolling snack will be provided for children to make their own choice concerning when they wish to eat. With both group and rolling snack the children will be encouraged to select their snack independently under the guidance of staff. Children are encouraged to wait until every child has had snack before returning to the snack table for second helpings.

The setting also provides foods from around the World for children to try which may include:

- Chinese
- Indian



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- German
- Irish
- French

In addition to this, children may be asked to try foods described in favourite books such as The Hungry Caterpillar.

Special Occasions

Barking Pre-school is happy to celebrate with children who may have differing religions, cultures or dietary needs and staff will work closely with parents to help provide the appropriate foods for these events.

Children are welcome to bring in food from home to share with their peers to celebrate birthdays, christenings or other religious celebrations however staff will be informed of the ingredients to ensure the dietary requirements of the children in the setting are met.

The Pre-school Manager has the right to refuse food she deems inappropriate or which may cause harm or distress to the children in her care.

Children's Participation

To promote independence children are occasionally encouraged to prepare their own snack under the close supervision of staff. Children will be given plastic knives for spreading and cutting.

Sharp knives will be kept away from children at all times.

Signed:
Chairperson

Date:



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Food & Snack Preparation

Adults will:

- Wash hands before touching food and utensils
- Never smoke in the kitchen or any room containing food
- Refrain from coughing and sneezing
- Refrain from food preparation of food if suffering from any infectious/contagious skin disease or viruses such as diarrhoea and/or sickness
- Use a different cleaning cloth for kitchen and other areas
- Wash or wipe down chopping boards with hot soapy water and anti-bacterial spray and a clean cloth before and after food preparation
- Wipe down worktops and snack table with anti-bacterial spray before serving or preparing food
- Prepare raw and cooked food in separate areas and on different boards
- Check for allergies that any child may have
- Fruit and vegetables will be washed thoroughly in clean water before cutting
- Food is to be covered to prevent flies and other pests from landing on food
- Food to be stored in air tight containers
- Ensure waste or dropped food is disposed of properly and out of reach of the children
- Keep a lid on the bin and wash hands after use
- Food and drink that requires heating will be heated immediately prior to being served and not left standing. No food or drink will be reheated.
- Hot drinks are to be kept away from children
- Clean pre-school tea towel to be used every session – do not use tea towels left in the kitchen by other groups
- Supervise children during snack or during cooking preparation and consuming food
- All utensils will be kept clean and stored in a dust free place (closed cupboard or drawer)
- Plastic crockery will be used.

Each child will be encouraged to:

- Wash hands before snack, after coughing, sneezing and using the toilet
- Cover their mouths when coughing and sneezing
- Take the food they touch
- Put food into the rubbish bowl or bin if it is dropped on the floor
- Use child safe knives and forks when preparing snack
- Clean away own plate and cup after snack
- When cooking, keep fingers and thumbs out of their mouths



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Children will **NOT** be allowed in the kitchen AT ANY TIME.