

Food, Drink and Meal-times

Summary:

- Establish children's dietary needs
- Healthy eating
- Meal-times
- Food preparation
- Food poisoning notification
- Working with parent/carers

Establishing children's dietary needs

We at Beechwood School must obtain record the child's dietary requirements and act on the information from the parent/carer about their child's dietary needs.

There is a clear system to ensure that children only receive food and drink that is consistent with the dietary requests of the parent/carer. This is clearly displayed alongside the child's name. Special consideration is given to children who have food allergies. The children's special dietary needs are clearly displayed alongside the child's photograph in their classroom, as well as in the dining hall for all staff and kitchen staff to be aware.

It is also important that cultural and religious preferences are also taken into account. These will be recorded on children's admission form or file.

Healthy eating

All meals, snacks and drinks provided by Beechwood School to children reflect the importance of healthy eating and a balanced and nutritious diet. A variety of food is made available including; meat, vegetarian and vegan options, plenty of fruit and low fat and low sugary food. Sandwiches are made with either brown or white bread, depending on a child's preference.

We do not regularly provide sweets for children and we avoid excessive amounts of fatty or sugary foods. A choice of non-sugary drinks is also provided.

Fresh drinking water is available at all times.

All food served at Beechwood school is nut free and all meat served is Halal.

Meal-times

Utensils and crockery provided by Beechwood School is appropriate to the age and stage of the development of the children so that they can learn independent skills safely.

There are rules about children not sharing and swapping their food with one another in order to protect children with food allergies. This is made clear to staff and children in the setting.

Consideration is given to factors like the temperature and level of physical activity to ensure the choice and quantity of food is appropriate. Fresh water is made available at all times.

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

Kitchen hygiene

All areas where food and drink are stored, prepared and eaten are prone to the spread of infections. Therefore, Beechwood School observes high standards of hygiene in such instances To this end we:

- Dispose of waste safely and keep all bins covered
- Clean food storage facilities regularly and thoroughly
- Ensure that kitchen equipment is thoroughly cleaned after every use
- Ensure that Staff and children wash and dry their hands thoroughly before coming into contact with food.
- If cooking is done as an activity, all surfaces and equipment involved should be thoroughly cleaned before and after the session

Staff are aware of the provisions set out in the Food, Drink and Meal-times policy when handling, preparing, cooking and serving food or drink.

At least one person has an up to date Food Hygiene Certificate.

Animals

Animals are not allowed on the premises without the prior knowledge and permission of the manager. If for any reason an animal does come onto the premises, the manager is to be immediately informed.