



## FOOD AND DRINK POLICY

### Snack Time

The Nursery provides children with a wide range of fresh fruits on a daily basis. The children may also have a drink of milk or water with their snack. Water is available to the children throughout the session on request. Snack time is undertaken as a Snack Bar, which is supervised at all times by a member of staff. Children can help to peel fruits such as banana and oranges, and will break oranges into segments, they also have the opportunity to help to chop fruit such as apples into bite size pieces using a cutlery knife (the children are supervised at all times whilst doing this). The children can discuss the fruit on offer and explore how it looks. Once the fruit is prepared all the children sing a blessing song, this announces that the Snack Bar is now open. The children come to the Snack Bar when they are ready for their snack, they collect their own cup and plate, pour their own drink and choose the fruit they want from the plate in the centre of the table. If it is a child's birthday the Nursery provide a cake for that day in addition to the fruit on offer. The children sit at the table during snack time and are not allowed to walk about with any food or drink.

A record of any food allergies or dietary requirements are kept in the Nursery section of the kitchen (this information is provided by parent/carers during the initial registration procedure). These records are accessible to all members of staff during the session and are kept in a locked cupboard when the Nursery is closed. These records are updated as and when any new information is provided from parents/carers. Any special dietary requirements are discussed with parents/carers and alternative snacks will be provided by the Nursery or the parent/carer if they feel this to be more suitable. We ensure that children do not have access to any food/drink that they may be allergic to.

Information about the type of snack we provide at the Nursery is included in our welcome pack and on the parent/carer notice board.

## Cooking

Cooking is an important activity for the children at our Nursery. Such activities as bread making are undertaken on a weekly basis. The children are involved with the making of the dough for their bread and they will shape it into mini loaves themselves. This activity is carried out in the play areas of the Nursery and every effort is made to ensure the tables are prepared and cleaned suitably for the preparation of food. The children do not have unsupervised access to the kitchen and only staff members use the oven.

All food and drink is stored appropriately in the kitchen. All staff that prepare and handle food understand, and comply with food safety and hygiene regulations. These members of the staff have completed the e-learning training for Food Hygiene.

Staff members do not carry hot drinks through the play area(s) and do not leave them within reach of the children.

---

This policy was reviewed and agreed at a meeting of the St Peter's Nursery School Management Committee held on

Signed on behalf of the Management Committee by Mark Warren, Chair of the Management Committee



04 MARCH - 2015