

## 03 Food safety and nutrition procedures

### 03.03 Snack menu planning and nutrition

Food supplied for children provides a healthy and balanced diet for healthy growth and development. Foods that contain any of 14 allergens identified by the FSA are identified on menus. The pre-school follows dietary guidance to promote health and reduce risk of disease caused by unhealthy eating. When planning snack menus, the pre-school manager and kitchen assistant ensure that:

- Parents/carers and staff are able to contribute ideas for snack menus.
- Snack menus reflect children's cultural backgrounds, religious restrictions and the food preferences of some ethnic groups.
- A typical snack menu is displayed on the website ([www.littledovescp.org.uk/info/health](http://www.littledovescp.org.uk/info/health)).
- All food labels are checked and any of the 14 major allergens are identified.
- Parents/carers must share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis with their key person.
- Key persons regularly share information about the children's levels of appetite and enjoyment of food with parents/carers.
- Staff refer to the Eat Better, Start Better (Action for Children 2017).
- Staff maintain a record of children's dietary needs in a Food Allergy and Dietary Needs folder.

#### **Packed lunches**

Children are required to bring packed lunches if staying for lunch.

- Parents/carers who provide food for their children are informed about the storage facilities available in the pre-school.
- Parents/carers who provide food for their children are given information about suitable containers for food i.e. lunchboxes with ice blocks.
- Packed lunches are stored in a cool place; unrefrigerated food is served to children within 4 hours of preparation at home.
- Perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool; parents/carers are asked to place cool blocks in their child's lunch box.
- Parents/carers are informed of the policy on healthy eating.
- Parents/carers are encouraged to provide a healthy savoury main lunch with fruit and milk-based deserts such as yoghurt or crème fraiche. The children are provided with water.
- Packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits are discouraged.
- Children bringing packed lunches are provided with plates, cups and cutlery, if necessary.
- Staff sit with the children to eat their lunch so that the mealtime is a social occasion.