

**Maids Moreton Pre-School Extended Services**

Healthy Eating Policy

**Policy Statement**

At Maids Moreton Pre-School Extended Services we regard breakfast and light snacks as an important part of the day as it provides an opportunity for children and adults to socialise and helps children to learn about healthy eating.

Our setting aims to provide children with a well-balanced and nutritious breakfast and light snack that meets all children’s dietary needs.

We also try to provide children with different food experiences by regularly providing a range of fruit and vegetables for children to try.

**Procedures**

Before any child starts the service we find out from parents through the registration forms, if their child has any dietary needs or allergies.

This information is made aware to all play leaders to ensure that children only receive food and drink that is consistent with dietary needs as well as their parents’ wishes.

We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a know nut allergy (see separate policy)

A typical example of a well-balanced snack is:

* Celery and carrot sticks
* Cereals
* Toast
* Rice crackers
* Orange or apple juice
* Water
* Milk
* Bananas
* Apples
* Pears
* Tomatoes
* Savoury biscuits



All children who wish to eat are encouraged to wash their hands before eating a snack. Children are encouraged to help themselves to food and drink by staff. This develops independence through children making their own choices and encourages sharing skills and good table manners. The snack is organised so that it is a social occasion in which children and staff participate.

Fresh drinking water is constantly provided throughout the day.

The service may also promote healthy eating through cooking activities, which encourage children to think about the food that they eat and to try different food.

**Food Hygiene**

All staff involved in the preparation of food have successfully completed a Food Hygiene Level 2 Certificate.

Food purchasing, preparation, service and storage meet the appropriate standards for food safety and sanitation. All food, which needs to be kept chilled, is put on the appropriate shelf in the fridge and eaten before its sell by date.

Food, which is uneaten at the end of the day, will be thrown away or stored in the appropriate way.

All tables are wiped with an anti-bacterial spray before any food preparation takes place and staff make sure that they wash their hands.

Gloves will be worn in the preparation of any food.

Extended Service staff will ensure that the fridge is cleaned out and the insides wiped with an anti-bacterial spray on a regular basis.

**Legal Framework**

* Regulations (EC) 852/2004 of the European Parliament and the Council of the hygiene of foodstuffs.

**Further Guidance**

* Safer Food, Better Business