

## KIDDIES' CABIN FOOD AND HEALTHY EATING POLICY

The nursery regards snack and meal times as an important part of our day. Meal times represent a social time where children can learn about healthy eating. The nursery provides snacks and meals which are healthy and that meet children's individual dietary needs.

### **General Information and Processes Followed By Staff**

Before a child starts at the nursery parents provide details about their child's dietary needs and preferences, including any allergies.

Each child's dietary needs are recorded on the 'All About Me' sheet when parents attend the first settling in session.

Parents are regularly consulted to ensure that the records of their children's dietary needs are up to date. Any change to dietary requirements needs to be sent to the Nursery Manager and Deputy Manager via the email addresses shown at the bottom of this policy.

Kiddies' Cabin displays current dietary information about individual children so that all staff are fully informed of them. This information is also detailed on children's individual place mats in all rooms.

Each room has a system in place for mealtimes to ensure that children only receive food and drink that is consistent with their dietary needs, as well as their parents' wishes.

Staff limit the number of children sitting at the table at one time.

In Buttercup and Bluebell rooms children have a placemat which has the child's name and photograph on it and is clearly labelled with their dietary requirements. This remains in place until the meal is finished.

In Poppy and Daisy rooms these placemats are put onto the back of the child's chair.

Menus are planned in advance and parents and children are encouraged to provide feedback on the meals provided.

The nursery menu is displayed on the nursery website for parents to access with ease. The meal of the day is recorded on the white boards outside the main kitchen.

We aim to provide nutritious meals and snacks, avoiding large quantities of saturated fat, sugar, salt and artificial additives, preservatives and colourings.

The nursery menu includes a variety of foods from the four main food groups:

- Meat, fish and protein alternatives
- Dairy foods
- Grains, cereals and starch vegetables
- Fruit and vegetables

We include foods that consider the backgrounds of the children, providing them with familiar foods and introducing them to new ones.

Kiddies' Cabin takes care not to provide foods which contain nuts or nut products and are especially vigilant where we have a child or adult who has a known allergy to nuts.

We provide a vegetarian alternative each day for those children who do not eat meat.

Nursery staff will show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child, or make the child feel singled out because of his/her diet or allergy.

Staff organise meals and snack times so that they are social occasions in which children and staff participate.

We use meal and snack times to help children develop independence through making choices, helping to set the table and by feeding themselves.

The nursery provides children with utensils that are appropriate for their ages and stages of development.

We have fresh drinking water available for the children at all times

Kiddies' Cabin provides full fat cow's milk for children aged under 2 years and semi skimmed for those aged over 2 years.

When parents collect their child, staff will provide feedback regarding how their child has eaten during their time at nursery.

Only staff members who are permanently based in the playroom and hold a Level 2 qualification or above may serve meals for the children.

### **The safe preparation, use and storage of infant milk feeds using expressed breast milk (EBM) and formula milk**

Feeding time should be a relaxed and stimulating time for the baby to bond with the key person and feel a close relationship beginning to build. All staff should follow the following procedure when feeding a baby.

During Covid 19 staff are required to wear gloves when feeding children.

A comfortable environment should be created where the staff member and child both feel relaxed – use of the feeding chair or a quiet area of the nursery is recommended.

The child should be in a semi lying position usually with their head resting on your forearm.

The child should be fed on a 1-1 basis and a child must never be propped up and left alone with a bottle.

Only milk or water will ever be given in a bottle.

When handling breast milk, gloves and an apron should be worn at all times and hands washed before and after handling.

EBM can be stored in a fridge preferably at the back of the shelf for up to 5 days if the temperature is maintained at 2-5 degrees Celsius.

EBM does not have to be given from a bottle so if a parent has introduced cup feeding then the nursery will accommodate this method of feeding.

When the child has finished their bottle or they will not take any more, the child should be winded if necessary and settled to play happily.

Once heated, all milk not used within a maximum of 1 hour will be thrown away.

At the end of each day, all unused formula milk from a carton that has been opened will be given to parents, thrown away or stored in the fridge for the following day.

If a bottle of EMB had not being used we can keep it for the next day. We request that parents who provide EBM please label the bottle with the date expressed and the expiry date.

Empty bottles will be returned to parents rinsed but not sterilised which will need to take place at home.

Bibs will be wiped over as best as practically possible and placed in a carrier bag stored in the child's basket, ready to be returned to parents. If a nursery bib is used then we will wash it at the nursery.

Formula milk is not provided by the nursery. This must be brought into the nursery in clearly labelled bottles or containers. Parents have the option of supplying carton milk.

Nothing should be added to the formula. If anything is added we will be unable to use it and may have to contact parents to provide a replacement for their child.

Bottles will be stored in the milk kitchen until required and will be mixed by the Baby Room staff as necessary.

The bottle should be at a suitable temperature for the individual child as discussed with parents/guardians.

## Bottle Feeding - How to prepare a bottle feed

Clean and disinfect a surface on which to prepare the feed.

Wash your hands with soap and water and dry with a clean or disposable cloth.

Boil some fresh water using an automatic kettle, allowing the kettle to fully boil and turn itself off.

Ensure you are aware of how much water you need and how much powder the parent has provided (adding more or less formula than instructed could make infants ill).

Taking care to avoid scalds, pour the correct amount of boiled water (that has been allowed to cool to no less than 70°C) into a cleaned and sterilised feeding bottle, provided by the parent.

Use a clean, sterile thermometer to check the temperature (remember: the water needs to be 70°C or above).

Add the exact amount of formula provided, to the water in the bottle.

Mix thoroughly by gently shaking or swirling the bottle.

Immediately cool to feeding temperature by holding the bottle under cold running tap water, or by placing in a container of cold or iced water.

So that you do not contaminate the feed, make sure that the level of the cooling water is below the lid of the bottle.

Dry the outside of the bottle with a disposable cloth or paper roll.

Check the temperature of the feed by dripping a little onto the inside of your wrist. It should feel lukewarm, not hot. If it still feels hot, cool some more before feeding.

Throw away any feed that has not been consumed within one hour.

### **For further guidance, please view;**

Trust policy CCR 139 Management of Infant Feeding Policy and Procedure.

'How to Prepare Powdered Infant Formula in Care Settings' (World Health Organisation). <http://www.who.int/foodsafety/publications/powdered-infant-formula/en/>

## **Oral Health**

All children in the nursery participate in a daily tooth brushing activity.

Staff apply a pea sized blob of fluoride toothpaste (containing no more than 1450 parts per million)

Children are supervised throughout the activity and staff encourage them to brush all surfaces of their teeth. Staff also encourage the children to spit the toothpaste onto a tissue which is disposed of in clinical waste.

Tooth brushes are only rinsed after use and replaced in the covered toothbrush rack.

Kiddies' Cabin replace all children's toothbrushes regularly, commonly every 3 months or sooner if required.

## **Provision of Water**

Drinking water is available at all times in line with our statutory requirements of the Early Years Foundation Stage.

## **General**

For children aged 12 months and above the nursery provides breakfast up until 8.00am, morning snack at 9.00am, lunch at 11.30am and tea at 3.00pm. Menus will be discussed with parents at the profile visit.

Parents of children aged under 12 months may be asked to provide their own jars / pouches of baby food which have been purchased and have the seal intact. These must be clearly labelled with your child's full name. This food will be served according to the instructions on the jar / pouch or at a suitable temperature for the individual child as discussed with parents/guardians.

We appreciate that not all children develop at the same rate and therefore to cater for each individual child's needs, where a child is aged under 12 months and parents require the child to eat the food provided by the nursery we ask that you please discuss this with your Key Carer. Once agreed parents will be asked to read the entire menu and to sign and agree which foods their child may eat. Where there are any foods that parents are not happy for their child to eat we will ask you to provide a jar or pouch of baby food as above.

Where possible we will take into account the likes and dislikes of individual children however we encourage children to try new and different foods. All food provided is either made freshly on the premises or pre-packaged and clearly labelled. To protect children with allergies homemade food provided by parents will not be given to the nursery children because the ingredients cannot be checked.

Menus are adapted throughout the year to reflect the seasonal foods available and offer a variety of meals to the children.

When new children are settling into nursery life they may decline to eat the nursery food on offer. Whilst every effort will be made to accommodate the child's tastes it may be necessary to ask parents to provide their own food for

a short period of time. This will be after discussions with your child's Key Carer and will be implemented with your child's best interest in mind.

Should a child be asleep when lunch is served, an alternative food will be provided once the child wakes up.

Although we encourage children to celebrate their birthday while at the nursery, we do not allow parents to bring in birthday cake for their child's friends. This is to ensure that the children are kept safe, especially in the cases of children with dietary requirements or allergies. All food prepared on site is prepared with this in mind in a clean environment with no cross-contamination.

### **Staff**

All staff are required to wear appropriate personal protective equipment (PPE) when serving meals. This includes disposable blue gloves and a green disposable apron. All preparation and serving areas are kept clean to avoid the growth of bacteria.

Staff sit with the children during meal times and encourage good table manners - the correct way to hold their cutlery, saying please and thank you and appropriate social interaction such as talking quietly.

At lunchtime staff may eat the nursery lunch with the children and if they do so it will be the exactly the same meal provided for the children.

**Please send any change to dietary requirements by email to;**

Nursery Manager, Leigh Kelly – [leigh.kelly@berkshire.nhs.uk](mailto:leigh.kelly@berkshire.nhs.uk)

Deputy Manager, Lorna LePetit – [lorna.lepetit@berkshire.nhs.uk](mailto:lorna.lepetit@berkshire.nhs.uk)