

LITTLE DRAGONS HEALTHY EATING POLICY

The three Berkshire Healthcare NHS Foundation Trust nurseries all have the 'Smiling For Life' Gold Award for following a policy of providing both healthy snacks and drinks to the children in our care. Our intention is to promote good nutrition and oral health in conjunction with 'The Smiling For Life Alliance'.

The main points that form the policy are;

- ❖ All snacks provided are free from sugars that can damage teeth and are low in salt
- ❖ Fruit and vegetables are encouraged – dried fruit is provided at mealtimes only for healthy teeth
- ❖ Water and milk are safe for teeth and are therefore the only drinks on offer in the nurseries
- ❖ All children aged over 1 year old will be encouraged to drink from a cup
- ❖ We respect the religious, medical and cultural dietary requirements of all children. This includes diets such as vegetarian, vegan, gluten free etc;

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.

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/>

Cleaning Teeth

All children over the age of 3 years clean their teeth after lunch each day. We ask that parents provide a toothbrush and toothpaste to allow this. Your child's key carer will advise you when these need replacing.

Provision of Water

Water is available for the children throughout the day as well as during meals times. The older children are encouraged to help themselves to a drink when they require it.

During warm weather water is given to the children regularly throughout the day and in particular after activities such as playing in the garden.

General

The nursery provides breakfast (7.30-8.20am), lunch (11.30am), tea (3.30pm) and snacks for children over the age of 12 months.

The parents of children under 12 months are asked to provide their own jars/foods. All children under 12 months have their own routine and eat at times requested by their parents. Once the child's routine is the same as the nursery's and they have tried different foods (to see if the child is allergic to anything) then they start our tea and snack and then onto our lunches. We do ask parents to bring a back up meal for the first week until the child is settled onto our meals.

All food prepared at home must be clearly labelled and the 'home food diary' sheet must be completed. Jars/sachets of baby food which have been purchased must have the seal intact and be clearly labelled with your child's full name. This food will be served according to the instructions on the jar/sachet or at a suitable temperature for the individual child as discussed with parents/guardians.

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. NB: this excludes food provided by parents for their own child aged under 12 months.

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

Should a child be asleep when lunch is served, a meal is dished for the child and covered appropriately with some tin foil. This is then kept in the fridge. Once the child wakes up, the food is taken out of the fridge and heated to a temperature of above 75 degrees centigrade in the microwave. This will only apply if the food is suitable to be reheated and is not a high risk food such as rice. The temperature is checked using a food probe. It is then left to cool down to an appropriate heat for the child to eat safely and comfortably.

Any meals that are not deemed to be suitable for reheating will be discarded and another suitable meal will be provided.

A record is kept in each room of any foods that have been reheated for the children. This records the date, the food that has been heated, what temperature it has reached and a signature of the staff member heating the food.

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 a hairnet, gloves and an 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 same meal provided for the children.