

# Food and Drink Policy

The Butterfly Preschool is committed to encouraging healthy eating of the children in the nursery. We are also aware that some children may have food intolerances or may be allergic to some types of foods which sometimes could be so severe that it is life – threatening. Therefore, we strongly advise that you share your child’s dietary needs and any food intolerance or allergic reaction to food with us.

For morning and afternoon snack we provide a fruit and vegetable buffet, along with dried snack such as bread stick, rice cake.

Water will be made available at all times while your child is at the nursery. We maximise learning opportunities during snack times and encourage the children’s independence to make decisions and choices.

We believe the above selection of foods will enable us to achieve the outcome for children for ‘Being Healthy’ which is one of the five outcomes of Every Child Matters.

We prepare all food on site and a lunch which is a two-course hot lunch. This is provided to us by an outside catering company, and we preheat to the right temperatures. Staff preparing food have got their health and hygiene level 2.

Our staff wash their hands and the children’s hands before any food is eaten and consumed by children or staff. All food areas are wiped down by anti-bacterial spray with a clean, damp cloth before food is consumed on the surface.

| Food                 | Risk   | Storage   |
|----------------------|--|---|
| <b>Snacks</b>        | Food passed its sell by date and nuts can cause harm to children.        | Food that is given to children by our staff is checked before a child can consume the product. Nuts are not allowed on the property.                            |
| <b>Fridge</b>        | Temperature can increase to unsafe food storage levels.                  | The fridge temperature is checked once a day and a written record is kept at the Nursery. Any change to above 5 degrees will be alerted to the Nursery manager. |
| <b>Chopping Food</b> | Cross contamination can cause serious illness.                           | Staff need to make sure hands are washed before preparation and the fruit is chopped on the chopping board which is clean.                                      |
| <b>Cow’s Milk</b>    | Passed sell by date and incorrect temperature storage can cause illness. | Milk is kept in the fridge at all times and never used passed its sell by date.   |
| <b>Biscuits</b>      | Passed sell by date can cause illness.                                   | Staff biscuits are kept in a biscuit tin, in an area of the kitchen that is cool. The tin is replenished regularly with biscuits with long sell by dates.       |

