

FOOD AND DRINK POLICY

St. Andrew's Montessori School is inspected by Environmental health annually or bi-annually to ensure health and hygiene standards are being met.

When preparing food, staff (kitchen or general) will observe current legislation regarding food hygiene and training by High Speed or Carlton Training

We are committed to ensuring that safe and healthy practices around the storage, preparation and service of food are maintained throughout the setting.

The setting has set high standards of personal hygiene for all members of staff involved in the handling and preparation of food. Any person showing signs of ill health will not be permitted to handle food.

We also follow the guidelines below as standard

- Always washing hands with anti-bacterial soap and hot water before and after handling food, using the toilet or changing nappies.
- Using clean and/or disposable cloths
- Ensuring the use of the correct colour coded chopping boards (e.g. red for raw meat etc.)
- Not being involved in food preparation if they are unwell
- Wearing correct sterile clothing- hair net, apron, closed toe shoes etc.
- Holding a current Food Hygiene certificate.
- Making sure all fruit and vegetables are washed before being served.
- Avoid wearing jewellery, especially rings, watches and bracelets.
- Any cuts, spots or sores on the hands and arms must be covered completely with a waterproof dressing
- Fingernails should be kept short and clean, food handlers, including children should not wear nail varnish as this may contaminate food.

Cleaning of Food Preparation Areas

Every week the fridge is thoroughly cleaned and all items in the fridge are checked for freshness, and all food past their use by or best before date are correctly disposed of.

- Shelves and drawers are removed and cleaned with warm soapy water
- The inside walls are cleaned from top to bottom with anti-bacterial cleaner
- The seals around the fridge are cleaned to ensure no spillages or stains
- Freezers are defrosted (on non-frost-free) and cleaned once a month following the same procedure.

All food preparation surfaces are wiped clean after use with anti-bacterial cleaner and disposable cloths.

All chopping boards are cleaned after use with warm soapy water, anti-bacterial cleaner and then thoroughly rinsed.

The manager will ensure that appropriate controls are in place to prevent cross contamination and that these controls are documented accordingly.

At St. Andrew's Montessori School, we believe that nutritious food and drink are essential for children's wellbeing.

During meal and snack times, we will always encourage children to gain an understanding of how food and water is an essential part of growing big and strong. Our aim is to meet the dietary and cultural requirements to promote children's healthy growth and development.

We will ensure that all meals and snacks are nutritious, healthy and balanced. Children's medical and personal dietary requirements are always known and respected (Parents/carers are required to provide details when their child is enrolled into the nursery). Multicultural diet is always offered, to make sure those children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try new food. Dietary rules of religious groups, vegetarians/vegans are known and met in an appropriate way, making sure that they are always respected and valued within the setting.

When preparing food, staff (kitchen or general) will observe current legislation regarding food hygiene and training by:

- Always washing hands with anti-bacterial soap and hot water before and after handling food, using the toilet or changing nappies.
- Using clean and/or disposable cloths
- Ensuring the use of the correct colour coded chopping boards (e.g. red for raw meat etc.)
- Not being involved in food preparation if they are unwell
- Wearing correct sterile clothing- hair net, apron, closed toe shoes etc.
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Allergies

The nursery caters for children's specific dietary needs that may include allergies or food intolerances, or because of religious, cultural or ethical reasons

Staff are made aware of children's specialist requirements through individual care plans and other information provided by parents.

To help us manage the risks associated with food allergies or intolerance the nursery has the following in place;

- Pre-entry information from parents
- Induction information from staff
- Food allergen risk assessment
- Excellent food hygiene practises (5* rating)
- Written procedures for children with food related conditions.
- Allergy and food lists with child's name and food restrictions

Temperature control

It is our policy to ensure that any and all foods are stored according to safe food handling practises and at the correct temperature in order to prevent the growth and multiplication of food poisoning organisms, to reduce the rate of food spoilage and to ensure that food quality is maintained. Our hot lunches are delivered daily, temperatures are checked just before serving. Hot food is not served below 63 degree's and cold food not above 8 degree's Celsius. Should the hot food be below 63 degree's Celsius it will be reheated to above 85 degree's before being served. Should cold food be above 8 degree's it will be refrigerated to below 8 degree's before being served.

Fridge temperatures are checked and recorded on a daily basis to ensure the correct temperature is being upheld.

Safe preparation of food

<u>FOOD</u>	<u>Choking Hazard</u>		<u>Method of Preparation</u>
	<u>Cylindrical</u>	<u>Spherical</u>	
<u>Sausages</u>	xxxxxxx	-	-
carrots	xxxxxxx	-	<u>ONLY SKINLESS OR SAUSAGE MEAT TO BE USED</u>
bananas	xxxxxxxxx	-	- - - <u>Cylindrical foods should be cut length ways first and then sliced creating semi-circular pieces</u> -
grapes	-	xxxxxxxxxxx	-
tomatoes	-	xxxxxxx	- - <u>Spherical foods should be sliced into half then sliced again into quarters/ segments.</u>

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Fruits

Oranges	<ul style="list-style-type: none"> · <u>Remove all peel and “stringy bits”</u> · <u>Ensure each segment is PIP free</u> · <u>Cut each segment into smaller 1/3’s. This Prevents choking on large bits or skin.</u>
Apples	<ul style="list-style-type: none"> · <u>Ensure CORE & PIP free</u> · <u>Ensure sliced ½ then ½ again CONTINUE to ½ each segment until FINLY cut into THIN Segments</u> · <u>PEEL SKIN FOR YOUNGER CHILDREN AND ANYONE ELSE WHO IT MAY BE APPROPRIATE FOR</u> -

ALL CHILDREN SHOULD HAVE FRESH WATER AVAILABLE TO THEM DURING MEALTIMES!

FOOD	Choking Hazard		Method of Preparation
	Cylindrical	Spherical	
	✓		<u>ONLY SKINLESS OR SAUSAGE MEAT TO BE USED</u> <u>Cylindrical foods should be cut length ways first and then sliced creating semi-circular pieces</u>
	✓		
	✓		
		✓	<u>Spherical foods should be sliced into half then sliced again into quarters/ segments.</u>
		✓	

Fruits

	<ul style="list-style-type: none"> ● <u>Remove all peel and "stringy bits"</u> ● <u>Ensure each segment is PIP free</u> ● <u>Cut each segment into smaller 1/3's. This Prevents choking on large bits or skin.</u>
	<ul style="list-style-type: none"> ● <u>Ensure CORE & PIP free</u> ● <u>Ensure sliced ½ then ½ again CONTINUE to ½ each segment until FINLY cut into THIN Segments</u> ● <u>PEEL SKIN FOR YOUNGER CHILDREN AND ANYONE ELSE WHO IT MAY BE APPROPRIATE FOR</u>

St. Andrew's Montessori regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

EYFS Key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

- We display the menus of meals/snacks for the information of parents.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We require staff to 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 a child feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- Staff will set a good example of good table manners. Children will be encouraged to say "Please" and "Thank you" and to sit still.
- Children will wash their hands before and after eating. Children will be encouraged to wait before starting their meal until all the others are ready to start.
- Children are encouraged to eat all their lunch, but if they show any signs of distress they will be allowed to leave anything they do not want. Any child in distress during meal times will be noted by the teacher and Management/teacher will speak to the parent/carer to discuss this.
- Children who are slow eaters will be given time and not rushed.
- Hot drinks are not allowed in St. Andrew's Montessori at any time during the school day. Drinks must be kept in the Staff Room.

Legal Framework

Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

Further guidance

Safer Food, Better Business

www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/