

## FOOD, DRINKS AND HEALTHY EATING POLICY AND PROCEDURE

(To be read and used with the Health and Hygiene policy and procedure.) It is the policy of Clwb Penmorfa to promote a healthy lifestyle when providing food or food related activities to children.

### **We do this by:**

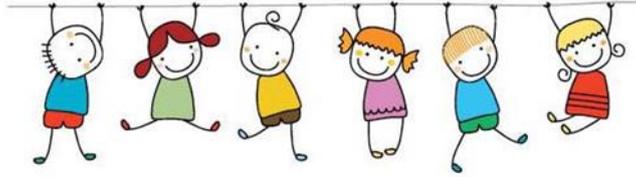
- Registering our premises with the local authority according to the Food Premises (Registration) Regulations Act 1991, Food Safety Act 1990 and Food Hygiene Amendment (Regulations 1990).
- Seeking advice from the Food Standards Agency where needed.
- Taking account of and learning from Food and Health Guidelines for Early Years and Childcare Settings (Welsh Assembly Government/Health Challenge Wales, March 2009).
- Noting information about their child and family needs provided by parents/carers at admission.
- Involving parents/carers and children in the ongoing development and review of this policy.
- Offering the School Meal Service and displaying our weekly menus in advance.

- Ensuring that we use an inclusive approach to meeting children's dietary/cultural/health and age and stage needs when providing food and food-related activities.
- Ensuring staff receive training about healthy eating and food safety.
- Offering nutritious foods at snack that meet the children's individual dietary needs (at least one fruit and milk/water).
- Providing fresh drinking water throughout each session.
- Serving a low-fat or semi-skimmed milk option is available at parents'/carers' request for children over two years of age who eat a varied diet.
- Registering and aiming towards (then maintaining) the Healthy Pre-school Scheme.
- Avoiding foods that contain high proportions of fat, sugar or salt and the use of foods containing additives, preservatives and colourings are minimised.
- Keeping parents/carers informed about what their child eats; their likes and dislikes as new tastes are developed.
- Encouraging children to try a range of food experiences and activities that broaden their taste and understanding of their own and other cultures, in addition to valuing and respecting other traditions.
- Ensuring that food that is part of a celebratory event is discussed in advance and continues to meet this policy and procedure. Shop bought, sealed cakes with the ingredients clearly labelled can be brought in for birthdays. This is to ensure children's health and safety especially for those at risk of allergies.
- Encouraging children to access outdoor activities.
- Never using food as a form of punishment.
- Giving children the time, they need to eat and drink.

- Using appropriate furniture, crockery and cutlery and serving food in ways that develop and encourage social skills.
- Ensuring adults sit with children at snack and meal times and model and encourage social skills and behaviour including healthy eating.
- Ensuring that any food waste is disposed of in ways that care for our environment.

Created March 2024

Review due March 2025



## HEALTH AND HYGIENE POLICY AND PROCEDURE

Health and Hygiene policy and procedure (To be read in conjunction with the Health and Safety policy and the Food, Drinks and Healthy Eating policy and the Safer Food Management system policy) It is the policy of Clwb Penmorfa to promote a healthy lifestyle and a high standard of hygiene in our day-to-day work with children and adults.

### **We do this by:**

- Developing and maintaining professional links with local, regional, national healthcare professionals and information services to obtain relevant and current professional knowledge and practice.
- Meeting requirements made by the Food Standards Agency.
- Providing opportunities for parents/carers to discuss health issues with staff when their child starts attending or at any time during operational hours, either informally or formally.
- Providing training opportunities for staff and parents/carers in first aid and food preparation safety that meet or exceed regulatory requirements.
- Using domestic-strength cleaning fluids and storing them safely in line with our risk assessment.
- Operating an effective policy about children who are ill and have infectious illnesses.

- Providing opportunities and activities in day-to-day practice that encourage children in our care to discuss and learn about the benefits of healthy lifestyle choices.
- Maintaining an ethos that encourages and enables staff members to model healthy lifestyle choices.
- Providing food and snacks that are healthy and wholesome, promoting and extending the children's understanding of a healthy diet.
- Planning all meals and snacks in advance, taking account of all dietary requirements including those for medical, cultural, religious reasons and parental choice.
- Encouraging children to become independent in dealing with their personal needs.
- Maintaining a safe and healthy approach for animals we invite into the setting and children's involvement.

## Procedures in place to limit the spread of infection:

- A box of tissues is available for children to blow and wipe their noses as necessary. Soiled tissues are disposed of hygienically.
- Children are encouraged to shield their mouths when coughing and sneezing.
- Toilet facilities meet or exceed regulatory requirements and potties, trainer seats for toilets, steps, nappy changing facilities and disposable nappies are available as needed.
- Hands are washed after using the toilet and before handling food.
- Individual hand drying facilities are provided and disposal of paper towels is appropriate.
- Arrangements for nappy changing and disposal meet environmental health requirements.
- Staff wear disposable aprons and gloves (which are disposed of appropriately) when changing children.
- Staff and any volunteers are aware of how infections (including HIV) are transmitted and training is provided to deal with spillages and bodily fluids.
- Personal items such as toothbrushes and face cloths are not shared.
- Children who have pierced ears do not try on or share each other's earrings.
- Children with head lice are not excluded; advice about treatment for the whole family is given to all parents/carers.
- Tables and work surfaces are cleaned and wiped with an antibacterial product before meals and prior to cooking activities.

- Disposable latex gloves and aprons are always used when cleaning spills of body fluids.
- Any spillage of blood, vomit or excrement is wiped up and flushed down the toilet and the surface disinfected. (It is recommended that bleach is not used.)
- Any fabric contaminated with body fluids are washed in hot water (minimum temperature 60 degrees).
- Spare clothing is available in case of accidents. Plastic bags are available in which to wrap soiled garments.

## Food hygiene

Clwb Penmorfa ensures the practice of storing, preparing and serving food meets (or exceeds) regulations for a food provider.

### **We do this by:**

- Requiring identified members of staff to attend food hygiene training.
- Following recommendations in Welsh Government Food and Health Guidelines for Early Years and Childcare Settings (2009)
- Ensuring staff wear appropriate clean clothing and wash their hands before handling food.
- Providing separate sinks for food preparation and hand washing in line with Food Standards Agency requirements.
- Ensuring the kitchen area is free from contamination such as infestation of rodents, flies, etc.
- Maintaining separate cleaning materials for kitchen and toilet areas.
- Ensuring appropriate hygienic handling and disposal of waste in covered bins that are not within reach of children.

- Cleaning kitchen utensils after use and storing them in a dust-free place such as a closed cupboard or drawer.
- Including kitchen usage in the premises and equipment risk assessment so that damaged work surfaces cracked or chipped china are not used.
- Preparing raw and cooked food in separate areas.
- Keeping food and drink covered and at the appropriate temperature.
- Asking parents/carers to supply any food and drinks in appropriate containers so that it can be stored until use at appropriate temperatures.
- Serving food and drink at a temperature and consistency that is safe and suitable for consumption.
- Serving any food and drink that requires heating immediately so that it is not left standing. No food or drink is reheated.
- Washing fresh fruit and vegetables thoroughly before use.
- We welcome you to bring birthday cakes etc as part of celebratory events. Shop bought, sealed cakes with the ingredients clearly labelled can be brought in for birthdays (to help us cater for all children's needs).

## **Food as an activity**

When cooking or handling food as an activity, Clwb Penmorfa takes full account of the above.

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