

**Crombie School**

**Early Learning and Childcare**

**Provision of Food Within Crombie Nursery Policy**

**POLICY AIM**

The Provision of Food within Crombie Nursery Policy has been developed in line with The United Nations Convention of the Child (UNRC) (1989): The United Nations Convention on the Rights of the Child (UNCRC) – (1989): *Article 24: (Health and health services): Children have the right to safe drinking water, nutritious food, a clean and safe environment and information to help them stay healthy.*

We aim to promote the importance of food and a well-balance diet whilst meeting the following Health and Social Care Standards:

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|  *1.33 I can choose suitably presented and healthy meals and snacks, including fresh fruit and vegetables, and participate in menu planning.**1.34 If I need help with eating and drinking, this is carried out in a dignified way and my personal preferences are respected.**1.35 I can enjoy unhurried snack and meal times in as relaxed an atmosphere as possible.**1.36 If I wish, I can share snacks and meals alongside other people using and working in the service if appropriate.* *1.37 My meals and snacks meet my cultural and dietary needs, beliefs and preferences**1.38 If appropriate, I can choose to make my own meals, snacks and drinks, with support if I need it, and can choose to grow, cook and eat my own food where possible.* *1.39 I can drink fresh water at all times.**3.14 I have confidence in people because they are trained, competent and skilled, are able to reflect on their practice and follow their professional and organisational codes.*  |

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| The Provision of Food within Crombie Nursery Policy is underpinned by the following national and local authority policy and guidance:* Care Inspectorate, 2014, “Setting the table”
* Care Inspectorate, 2018, “Food Matters”
* Care Inspectorate, 2014, “Hand Hygiene: Information to Support Improvement”
* United Nations Convention on the Rights of the Child, 1989
* Scottish Government, 2014, “Children and Young People (Scotland) Act 2014 Early Learning and Childcare”
* Food Standards Scotland, “Eatwell Guide” http://fss-eatwellguide.scot/
* Health Protection Scotland, 2018, “Infection Protection and Control in Childcare Settings
* Scottish Government, 2017, Health and Social Care Standards My support, my life
* Aberdeenshire Council, 2012, Supporting Children with Special Dietary Requirements
* Aberdeenshire Council, 2018, **“Policy and Guidance relating to Food Hygiene on Council Premises”**
* The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020
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**Who is responsible?**

Early Years Senior Practitioner, Early Years Lead Practitioner, Nursery Staff, Parents/carers

***This policy will be reviewed regularly and in response to accident, incident or change in national or local policy or guidance***

**PROCEDURE**

At Crombie Nursery, children are supported to develop an understanding of the importance of a well-balanced diet and making positive choices and the importance of food as a tool for social development and learning. We believe a Provision of Food within Crombie Nursery Policy will encourage all children to be included in the planning of menus, the safe preparation of foods, trying new foods as well as the social aspect of enjoying snack time.

**Healthy Eating**

* At Crombie Nursery, every child receiving a funded ELC session will be entitled to receive a free meal. (“As is the case for free school lunches, the up-take of the free meal will be optional. Parents and carers who prefer to provide their child with a packed lunch would be free to do so.”
* A meal at Crombie is a 2-course meal consisting of a main course and desert/fruit or 3 course meal consisting of soup, main meal and desert/fruit. This will be offered twice daily to children attending for full days. (Lunchtime 12.00pm and High Tea 4.30pm)
* When a child attends two settings involving more than one provider across the day, it will be for the individual funded providers to agree with the family and the local authority who will provide the meal.
* Healthy meals and snacks provided will be consistent with Setting the Table and the Eatwell Guide and should ensure that individual cultural and dietary needs are met. There will be consultation with parents and carers about how other dietary preferences might be accommodated.
* Lunches will be provided by the School Catering Service daily.
* Lunch menus will be provided by the School Catering Service, accommodating any dietary needs.
* Menus will be reviewed by the catering staff regularly to ensure they are meeting the needs of children we care for.
* Packed lunches can be brought in but families will be given a copy of our healthy packed lunch guidance beforehand.
* Milk and water will be offered at mealtimes, with water being available for children throughout the day.
* Reference to including children in the process of choosing and preparing food (promoting independence e.g., pouring, spreading, and cutting food.
* Encouraging children to try new foods will be the role of the practitioner.
* Allergen form will be filled out to highlight relevant allergens in all snacks to be consumed.
* Regular reference will be made to ‘Setting the Table’ document <http://hub.careinspectorate.com/media/177298/nhs-setting-the-table.pdf>
* Children will be encouraged to try new foods.
* Children will be supported to be independent at snack time e.g. pouring, spreading and cutting food.
* Mealtimes will be a sociable time for children to share stories with other children and adults.
* Children will be included in the preparation of foods where possible.
* Adults will plan activities throughout the year, where children will learn about where foods come from, what foods are healthy etc.
* Regular visits from Childsmile to share information around what food and drinks are good for healthy teeth.
* Any concerns around children’s eating habits will be shared with parent/carer.
* The snack area will be constantly monitored by an adult to reduce the risk of choking. Qualified first aider always available whilst children are eating

**Allergies and Special Dietary Requirements**

* Parents or Guardians/Carers are responsible for their child’s health and should provide settings with information about their child’s medical condition (eg as part of the admission information gathering process)
* Allergen form will be filled out by staff on snack rota to highlight relevant allergens in all snacks to be consumed.
* Any specific requirements will be included in an individual Care Plan/Action Plan where actions will be identified to support the child.
* In order to minimise the risk for any children with food allergies, cakes or any home baked items will **NOT** be taken in from home for children.
* Children with religious and cultural food requirements, will be given alternatives as an option.
* Special Dietary requirements will be displayed on the inside of cupboard door in kitchen which all staff will read and sign termly. Each person involved with the children will be aware of the requirements of the child.
* Catering staff will be made aware of any dietary, religious or cultural requirements in advance.

 **Food Hygiene**

* Children will be supported to wash hands before preparation and eating snack.
* Staff responsible for preparing snack will hold an up to date Food Hygiene Certificate.
* EYSP will remind staff of refresh dates for certificates as well as providing details of training opportunities.
* Staff will follow food hygiene procedures when preparing, handling and serving food, that the statutory REHIS Food Hygiene Training course stipulate.

Staff will complete the following training:

Elementary Food Hygiene REHIS Course

Food Hygiene Refresher

REHIS Intermediate Food Hygiene Course

REHIS Controlling the risk of Cross Contamination

The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020

Training can be found at: <https://aldo.aberdeenshire.gov.uk>

**References**

NHS, 2014, “Setting the Table”

<http://www.healthscotland.com/uploads/documents/30341-Setting%20the%20Table.pdf>

Care Inspectorate, 2014, “Hand Hygiene: Information to Support Improvement”

<https://hub.careinspectorate.com/media/208454/hand-hygiene-information-to-support-improvement.pdf>

Care Inspectorate, 2018, “Food Matters”

<https://hub.careinspectorate.com/media/836652/food-matters-nurturing-happy-healthy-children.pdf>

United Nations Convention on the Rights of the Child, 1989

<https://www.unicef.org.uk/what-we-do/un-convention-child-rights/>

Scottish Government 2017, Health & Social Care Standards, My support, my life.

<https://www.gov.scot/publications/health-social-care-standards-support-life>

Health Protection Scotland, 2018, “Infection Protection and Control in Childcare Settings

<https://www.hps.scot.nhs.uk/resourcedocument.aspx?id=6606>

Food Standards Agency, 2016, “Guidance on Temperature Control Legislation in the United Kingdom”

<http://www.foodstandards.gov.scot/downloads/Guidance_on_temperature_control_legislation.pdf>

Scottish Government, Dec 2018, “A Blueprint for 2020: The Expansion of Early Learning and Childcare in Scotland- Funding follows the child and the national standard for early learning and childcare providers: Operating Guidance” <https://www.gov.scot/publications/funding-follows-child-national-standard-early-learning-childcare-providers-operating-guidance/>

Food Standards Scotland, “Eatwell Guide” <http://fss-eatwellguide.scot/>

Aberdeenshire Council, 2012, Supporting Children with Special Dietary Requirements

[https://aberdeenshire.sharepoint.com/sites/Arcadia/services/Pages/Education%20and%20Children's%20Services/Education%20and%20Learning/Children's%20Services/Special-Dietary-Requirements-.aspx](https://aberdeenshire.sharepoint.com/sites/Arcadia/services/Pages/Education%20and%20Children%27s%20Services/Education%20and%20Learning/Children%27s%20Services/Special-Dietary-Requirements-.aspx)

The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020 [The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020 (legislation.gov.uk)](https://www.legislation.gov.uk/ssi/2020/153/body/made)

Available on Arcadia

<http://arcadialite.aberdeenshire.gov.uk/food-technology/>

Aberdeenshire Food Handling Policy

Aberdeenshire Food Handling Guidance

Aberdeenshire Food Safety Plan

**Date of original policy**

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| **Revision Number** | **Details of Change** | **Date** | **Date of next review** |
| 1 | Full review of procedures | 27.1.2021 | July 2021 |
| 2 | Policy Update | 29.7.2021 |  |
| 4 | Policy Update  |  |  |
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 **Policy Author** Diane Booth EYSP

**Read by Staff:**

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| **Staff Name**  | **Date & Initial** | **Date & Initial** | **Date & Initial** |
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| Claire Hawthorne |  |  |  |
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| Elizabeth Duffy | **02/02/21 ED** | **13/08/21 ED** |  |
| Denise Jamieson | **05/02/2021 DJ** |  |  |
| Jamie Finnie |  |  |  |
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