

Jitterbugs Food/mealtime/nutrition Policy

- Whilst children are eating there should always be a member of staff in the room with a valid paediatric first aid certificate
- All meals and snacks provided will be nutritious and children's dietary needs will be adhered to and catered for
- Menus are planned in advance and in line with example menus and guidance produced by the Department for Education.
- We provide nutritious food at all snack and mealtimes, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
- Menus will be updated and monitored regularly to make sure children are receiving a balanced diet in accordance with regulations.
- Only milk and water are provided as drinks to promote oral health. Fresh drinking water is always available and accessible. It is frequently offered to children and babies and intake is monitored. In hot weather staff will encourage children to drink more water to keep them hydrated
- Individual dietary requirements are respected. We gather information from parents regarding their children's dietary needs, including any special dietary requirements, preferences and food allergies that a child has and any special health requirements, before a child joins the nursery. Where appropriate, we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child
- We give careful consideration to seating to avoid cross contamination of food from child to child. Where appropriate, an adult will sit with children during meals to ensure safety and minimise risks. Where appropriate, discussions will also take place with children about allergies and potential risks to make them aware of the dangers of sharing certain foods
- Staff show sensitivity in providing for children's diets and allergies. They do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of their diet or allergy
- Staff support children to make healthy choices and understand the need for healthy eating
- Where possible, we provide foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones
- Children not on special diets are encouraged to eat a small piece of everything
- All children will be given a pudding. The main meal will not be used as a punishment. If the child hasn't eaten any of their main meal they will be given fruit before their pudding. All children are encouraged to try an element of the meal before pudding but no child will be forced.
- Children are given time to eat at their own pace and not rushed
- Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes for babies and young children
- We promote positive attitudes to healthy eating through play opportunities and discussions
- The nursery provides parents with daily written records of feeding routines for all children within the eggs unit
- No child is ever left alone when eating or drinking to minimise the risk of choking. All children will be within sight and hearing of a member of staff while eating. Choking can be completely silent therefore staff must be alert to a child who may be starting to choke. Staff will sit facing children when they eat to prevent choking and food sharing
- In the event of a child choking that requires intervention, staff must record details of where and how the child choked and the intervention given. This must be logged as an incident on the online parent forms on the nursery in a box system for accidents/incidents. If any trends of choking appear these will be investigated and addressed.
- We **do not** allow parents to bring in cakes on special occasions.
- All staff who prepare and handle food are competent to do so and receive training in food hygiene
- Cooking activities with children will promote children's understanding of a healthy diet.
- Temperature probes will be used on pre-cooked meals and recorded as with high-risk cooked foods.
- In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the nursery, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.

FOOD Procedure

- All adults must wash their hands in hand-washing sinks before handling or preparing any food.
- Hair must be tied up if its length is past the shoulders.
- No adult should be involved in the preparation of food if they are suffering from any infectious or contagious illness or skin complaint.
- Correct clothing must be worn when handling food within the children's rooms e.g protective aprons and gloves. The protective apron must be worn by the member of staff leading the mealtime. The apron will then be placed in the wash after the mealtime has finished. All other members of staff will wear protective gloves and complete handwashing/sanitizing procedures when changing gloves
- During mealtimes the member of staff who is serving food will have a soapy washing up bowl available for hand washing. This will be used between glove changes and when staff feel they require additional hand washing. This **MUST** only be used by that one member of staff. Staff **MUST NOT** share this bowl with other staff for handwashing or use the bowl for cleaning pots, cutlery or washing the tables. Separate tubs **MUST** be used for these.
- Staff will not walk around the nursery touching surfaces whilst wearing gloves
- When cooking the main meals within the kitchen, cooking whites **MUST** be worn along with a cloth apron.
- Never cough or sneeze over food.
- Prepare raw and cooked food in separate areas.
- Color-coded chopping boards must be used depending on the food type.
- Food must be kept covered, whether in the refrigerator or when piping hot.
- When warming food in a microwave, always cover the dish.
- Only use microwave-safe dishes when reheating food.
- Never use the child's dish that they will be eating from to reheat food.
- Bottles of formula food/drinks must not be reheated in a microwave. Bottles should be heated in the electric bottle warmer provided or in the kitchen in a jug of hot water, then brought up to the room when they are at the correct temperature. Formula milk is only kept for one hour.
- Adults are not permitted to have hot drinks on the shop floor.
- Wash fruit and vegetables thoroughly before use.
- Use color-coded cloths, sweeping brushes, and mops for different areas.
- Ensure food waste is disposed of properly and kept out of reach of children. Keep the lid on the waste bin and wash hands after use.
- Any food packaging that is being recycled must be rinsed out before placing into the correct recycling bin to avoid pests and bacteria growth
- Tea towels are to be used once and then put straight into the washing machine.
- Cracked or chipped pots must be disposed of.
- Children will not be permitted to share or touch each other's food, and they must not be permitted to eat another child's leftovers.
- Adults are not permitted to eat children's food.
- Tables must be wiped down before and after meal/snack times.
- Children are not permitted to walk around with food and drinks.
- Children must be encouraged to eat in sequence, i.e. savoury before sweet products.
- Children's hands and faces must be wiped clean after mealtimes. No child is to go home with a dirty face or dirty clothes.

Mealtime Procedure

At Jitterbugs we believe mealtimes should be a really good learning experience. During mealtimes children can develop their social skills and develop other new skills such as their fine motor skills. Along with this we promote and incorporate British values, as we do throughout the time children attend Jitterbugs. This promotes positive behaviour and acceptable behaviour for all children at all times.

Depending on Area:

- While Children are having Story/circle/Singing time, set the chairs out around the table making sure there is one chair per Child in attendance
- Wipe down the Table/s with Antibacterial spray
- Prepare drinking cups and water jugs; place the child's name card along with bib if developmentally appropriate.
- After story/singing, issue long name cards and send the recipient child down to the wash area for toileting and washing hands. (An adult should be at the sinks at all times).
- Assist children sitting on their chair at their assigned place (encourage them to find their name card), helping them to put on their Bibs if applicable.
- Collect name cards and ask the children to put their hands together and close their eyes to do the prayer. Say the prayer.
- Whilst setting out the Bowls/Plates count with the children how many will be needed.
- Dish out the food; pick a Table monitor (if appropriate) to handout the meals one by one.
- Remind the children to be careful in case the food is hot and they may need to blow on it.
- Keep talking to the children giving plenty of praise and encouragement to eat up their food and remind them to use their knife, fork and spoon.
- In an event a child displays unacceptable behaviour at meals time then staff should follow our promoting positive behaviour policy
- Ensure chairs are pushed up to the table throughout the meal
- Assist if necessary, with pouring out the water into their cups.
- Once the children have finished their first course, take away their bowls etc
- Wipe down the table if necessary, removing any food that has dropped on the table.
- Butterfly children to bring their plate to trolley and select their pudding
- Serve Puddings.
- Remind the children to use their spoon, and have a drink, keep giving lots of praise.
- Once children have completely finished take away bowls and bibs.
- Wipe down the table with soapy water and then Antibacterial spray, ask the children to finish their water and take away their cups.
- Get the flannels and give out one per child, helping the younger children to wipe their hands and faces. Please ensure all food is removed from Children's whole face and hands including arms especially with the babies. Ensure you communicate with children so they know what is going to happen.
- Depending upon which unit the children are in, Tooth brushing will proceed either at the table (Younger children in eggs/caterpillar unit) or sent to the sinks/washroom where they will be monitored with this procedure (refer to oral hygiene policy)
- Send the flannels and cloth apron to be washed and send dirty pots to the kitchen.
- Wipe down the tables one last time with soapy water and antibacterial spray, making sure there is no food on the tables and chairs.
- Sweep the floor and make sure there is no food anywhere if the floor is wet from any spillage, then use a mop to clear it up and display 'wet floor sign'
- If a member of Cocoons/Caterpillars staff is able or if anyone is going upstairs for your lunch, please take something with you back to the kitchen to assist the Kitchen staff that are themselves busy preparing teas and cleaning down the Kitchen.

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>January 2026</i>	<i>Katie Turrell</i>	<i>2 years</i>