



The Little Firefly Food and Drink Policy

It is always the aim of The Little Firefly to ensure that the children in our care receive high quality nutrition at snack and meal times.

Healthy eating paired with physical activity is vital for proper growth and development, and we recognise our position to have a positive influence on the attitudes that children and their parents/guardians have towards food and a healthy lifestyle. We encourage children to eat healthily and teach them that healthy eating is not about denying foods that they enjoy but is having a varied and balanced diet and enjoying lots of different foods.

Policy Statement

We regard snack and mealtimes as a social time for children. At all times we aim to ensure the quality of foods offered to children are of a high standard.

In addition to the food and drink provided, The Little Firefly will ensure that staff preparing food are appropriately trained and that consistent and high levels of food hygiene practices are maintained.

Responsibilities

Record keeping

Upon joining the setting each child's individual dietary needs, preferences and any allergies are requested on the enrolment information. This information is discussed with the child's family, and regular consultation is held to ensure the information held is correct.

Information about children's individual dietary needs and allergies is clearly displayed and all educators, staff, students and volunteers are fully informed.

Food hygiene and training

To ensure that food prepared is done so in the best possible conditions all or most of our staff are required to obtain a Safe Food Hygiene certificate prior to, or within the first three months of employment.

To maintain high levels of hygiene in food preparation areas we will:

- Provide staff with procedures for food preparation.
- Ensure that food preparation areas are kept clean.
- Ensure that appropriate clothing, such as aprons and gloves, are worn by those preparing food where necessary
- Check all food purchased for expiry dates and quality.
- Store foods in such a way that those with the longest shelf life are stored behind one another.
- Check all food at the time of use to ensure that it is still in date.
- Food which has been opened is labelled with the date opened and date for disposal (in accordance with the instructions on the packaging).
- Note the temperatures of the foods post heating
- Notify Ofsted if outbreak of food poisoning - Within 14 days

The Little Firefly is registered as a food business with the local environmental health department.

Food

Food provided will be nutritious and of high quality and will not contain large quantities of saturated fat, sugar, salt, artificial additives, preservatives and colourings. In addition, foods described as 'low fat' will not be used nor will any food containing nuts or nut products.

Children will generally receive fruit and vegetables at snack time as part of their recommended 5 portions a day and we aim to provide a variety throughout the week.

Drinks

Children are asked to bring a water bottle in with them. The bottles are stored in the same place each day so the children are able to get water for themselves whenever they are thirsty. Staff inform children that they can ask for more water at any point during the day. Children can also access drinking water themselves whenever needed.

Mealtimes

We organize meal and snack times so that they foster independence and are social times in which children and staff participate. Fresh drinking water is available at all mealtimes.

Upton

Children bring their own packed lunch - made at home. Packaging is kept to a minimum.

Aston Rowant

Children bring their own packed lunch - made at home. Packaging is kept to a minimum.