

## **Busy Bees Playgroup Food and Drink Policy**

### **(Cross reference to Sick Child and Administration of Medication Policy and Health and Safety Policy)**

Busy Bees requires parents/carers to provide a healthy packed lunch (we suggest a sandwich, some fruit, yoghurt and maybe a small treat of a cake or biscuit) for their child to eat during their time at Busy Bees. Busy Bees provides milk or water for the children to drink. Parents/carers are asked to prepare their child's food safely, and grapes and carrot sticks etc., should be cut up so it does not pose a choking hazard to their child. Parents/carers are asked to provide a named bottle of fresh drinking water for their child, which is available and accessible to the children always and will be refilled with fresh drinking water if required throughout the day. Children are asked to bring a piece of fruit each day they attend to share with the children at snack time.

Children are encouraged to understand about healthy eating through snack time, the children can prepare and cut the fruit at snack time. Healthy eating is also discussed at lunch time and children are encouraged to eat their sandwiches first. Children are invited to try different foods at snack time and are encouraged to eat the healthy options in their lunchboxes first and save the 'treats' until last if they are still hungry.

The kitchen area is adequately equipped and maintained for the hygienic preparation of food for children. Notices and procedures for staff to follow are displayed in the kitchen area.

#### **Food Hygiene Procedures:**

- The kitchen cupboards and fridge are cleaned at the end of every term, and foods are checked to ensure they are still in date.
- If food poisoning has been diagnosed by a doctor and it is possible that the source is Busy Bees, the Manager will contact the Environmental Health Department to report the outbreak. Busy Bees will notify Ofsted of any food poisoning affecting two or more children cared for on the premises. Notification will be made as soon as is reasonably practicable, but in any event within 14 days of the incident.
- All utensils and crockery are always cleaned with hot water and detergent and stored appropriately
- Staff preparing foods wash their hands thoroughly with anti-bacterial soap and hot running water.
- Different bowls are used for washing utensils and for paint and glue pots
- Dish cloths and drying up cloths changed daily and washed on a 60-degree cycle and thoroughly dried before packing away.
- Staff members must not attend work for 48 hours following an episode of sickness and/or diarrhoea.

**Food Allergies** As part of the admissions process, parents/carers must inform Busy Bees of information about any special dietary requirements, preferences and food allergies that their child has, and any special health requirements. The Manager will display a list of children with allergies in the kitchen, so all staff are aware of the child's needs. If there is a serious allergy such as a nut allergy, all parents/carers are made aware of this and asked not to send in foods containing this allergen.

Busy Bees keeps a record of all the ingredients used in cookery activities or provided to the children for snack and the 14 main allergens listed by the EU that appear are identified and the information displayed for parents/carers to see. Due regard is paid to all allergies when sourcing ingredients for children to use for cooking activities and a suitable replacement made when required (i.e. dairy/gluten free alternatives). Parents/carers are asked not to send in sweet biscuits, cakes or sweets to give out to the children for birthdays without consulting staff. Any such treats must be shop bought, with the original packing, and not homemade.