



Lunches and Hot meals

Lunches that the children bring are stored in their bags with an ice pack to keep them cool and placed onto the shelf until lunch time. If they have a hot meal, these are taken out of their bags and placed into the fridge in a basket with their name card. These are stored 2-4 Celsius, the fridge temperature is checked every morning to ensure it's working correctly.

Hot meals for tea are taken out of their bags and placed into the fridge in a basket with their name card, ensuring there's no mistaking whose meals they are. In the case of someone with a food allergy we would also put his or her meal in a container, which would be kept sealed then put into a basket with his or her name, this is to ensure there is no chance of contamination. We keep a record of children's allergies on a chart, which can be found on the kitchen cupboard.

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
- We regularly consult with parents to ensure that our records of their children's dietary needs – including any allergies - are up-to-date. Parents sign the updated record to signify that it is correct.
- We display current information about individual children's dietary needs on the kitchen cupboard so that all our staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We organise meal and snack times so that they are social occasions in which children and adults participate.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- We inform parents who provide food for their children about the storage facilities available in our setting.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- inform parents of our policy on healthy eating;

Reviewed on:	Signed:
Reviewed on:	Signed: