



St Helens College



University Centre  
St Helens

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# Nursery Childcare Procedure

## Foods and Snacks



## **NURSERY CHILDCARE PROCEDURE – FOODS AND SNACKS**

### **PROCEDURE**

This procedure sets out the provision of food for the children attending St Helens College Nursery.

- The children's food is prepared and cooked in the college kitchens where a designated cook is responsible for the ordering, preparation and cooking of ALL foods to be consumed in the nursery. A sample of food is taken each day and stored appropriately should any concerns be raised. The food is transported to the nursery (3-5 minutes travel time) in an appropriate 'hot box' and served by appointed qualified staff that have been trained in Basic Food and Hygiene.
- All staff preparing snacks and serving food to the children will wear a clean apron, staff with nail extensions or nail varnish will always wear disposable gloves.
- Fridge temperatures in Baby Milk Room and Kitchen are checked and recorded daily to ensure that any food stored for the children is safe for consumption, and use by dates are checked and rotated regularly.
- The weekly menu will be on display in advance and available to all parents/carers during induction.
- The menu will provide children in the Nursery with a tasty nutritious and varied menu and will be reviewed regularly to take into account special dietary requirements and seasonal changes.
- All children in the Nursery will have suitable food provided for them.
- Fresh fruit and other healthy snacks will be made available throughout the day.
- Milk will be offered during breakfast or snacks. (For times, please see Parent's Handbook). Parents/carers may provide alternative soy milk if it is their choice. Fresh drinking water will be made available throughout the day.
- Parents/carers will be informed if their child is not eating well; this will be recorded on the child's daily diary.
- Parents/carers who are on special diets will be asked to provide as much written and verbal information as possible about suitable foods and in some cases will be asked to provide the foods themselves.
- If the Nursery is made aware of any child who may have an allergic reaction to some food or drink then a specific allergy plan will be put in place to address and support this. ALL staff will be briefed with regard to this.
- Early Years Practitioners will sit with the children during mealtimes and provide a good role model for Healthy Eating.

- Children will be encouraged to develop good eating skills, with suitable cutlery, good table manners and will be given plenty of time to eat.
- Older children are encouraged to serve themselves with food at mealtimes to encourage independence and self-help skills.

### **COVID 19**

Due to the implications of covid 19 some protocols stated within this policy will be adapted until further notice:

- Children will not be permitted to self-serve during lunch and snack times