

## **35: Healthy Eating and Food Safety**

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**Superkids is committed to providing healthy, nutritious, balanced and tasty food and drinks for children during our sessions. The manager and staff will make every effort to ensure that food and drink is safely prepared and sensitive to the dietary, religious and cultural requirements of all the children.**

Before a child is admitted to Superkids the setting obtains information about the child's dietary requirements, preferences and food allergies that the child has and any special health requirements. The setting records and acts on information from parents and carers about a child's dietary needs.

As part of a child's settling in period, the setting requires that the parents and carers complete the Admissions Form, including information about any special dietary requirements or allergies the child suffers from, along with their food and drink preferences. The manager and staff will ensure that food and drink offered to children takes account of this information in order to safeguard their health and meet – as far as possible – their particular preferences.

The manager and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. Superkids follows the guidelines set out in 'Safer Food, Better Business for Caterers' (FSA) and is registered with the local authority. We are regularly inspected by Environmental Health to ensure that health and hygiene standards are being met. All staff who either handle or prepare food have up to date Food Handling Certificates and are fully trained in food storage, preparation, cooking and food safety. Any member of staff showing signs of infection or ill health will not be permitted to handle food.

### **Ingredients and Preparation**

When preparing food and drink, staff will be mindful of the provisions of the Hygiene policy so as to ensure that the safety of staff and children is paramount.

All staff involved in food handling have received food handling and hygiene training. When preparing food, staff follow the requirements of current food hygiene legislation, including:

- Always washing hands with anti-bacterial soap and hot water before and after handling food and using the toilet
- Using clean, disposable cloths
- Using the correct colour coded chopping boards (e.g. red for raw meat)
- Not being involved in food preparation if they are unwell
- Making sure all fruit and vegetables are washed before being served
- Removing jewellery, especially rings, watches and bracelets, before preparing food

- Covering spots or sores on the hands and arms with a waterproof dressing (**gloves to be worn when preparing and serving food**)
- Keeping fingernails short, clean, and free from varnish. (**gloves to be worn when preparing and serving food**)
- **Checking daily the food allergen matrix alongside with the food being prepared and served.**

In addition to these provisions, staff will be careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.

We make sure that food provided for children agrees with the most recent nutritional guidelines. It is not enough to assume that food provided is 'healthy' – we make sure that children are getting the essential nutrients they need to grow, and none of the excesses in salt, saturated fat and sugar.

We want to make sure the best ingredients are used. Wherever possible, we use delicious foodstuffs that are fresh, locally sourced, and seasonal.

Staff are trained to understand the specific dietary requirements of children at different ages, and to help children learn about what is best for them.

## **Healthy Eating**

Superkids recognises the importance of healthy eating and a balanced and nutritious diet. Because of this, Superkids will endeavour to make a variety of foods available including; meat, vegetarian and vegan options, plenty of fruit and low fat and low sugary food. Sandwiches can be made with either brown or white bread, depending on a child's preference.

Each child's dietary requirements are ascertained before the child starts attending the setting. If the child has specific dietary requirements these are discussed with the parents/carers and the manager, menus will be prepared accordingly for the child. Any specific allergies or requirements will be displayed in the kitchen/ sink area. It is the managers and Food Co-ordinators responsibility to ensure these lists are kept up to date. Food served does not contain nuts, to protect children who may be allergic to nuts.

Superkids will not provide sweets for children and will avoid excessive amounts of salt, fatty or sugary foods. The setting will provide a choice of non-sugary drinks and make sure that fresh drinking water is available at all times. On special occasions i.e. Christmas party the children will be provided with a range of healthy food options and party food. Parents' permission will be asked before providing sugary foods or sweets.

Children are encouraged to try new foods and to eat their fruit/ vegetables. No child will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or reward.

## **Food Storage**

All foods are stored according to safe food handling practices and at a correct temperature, to prevent the growth of food poisoning organisms and to ensure that food quality is maintained.

Fridge temperatures are checked and recorded on a daily basis as part of our daily environment checks. If it is noted that there are temperature fluctuations that are not explained by simple user error (e.g. failure to close the fridge properly), a new fridge will be purchased.

## **Cleaning**

- The fridge is cleaned thoroughly, with warm, soapy water, on a weekly basis. Food is checked for freshness – anything past the use by date will be disposed of.
- Freezers are defrosted and cleaned once a month.
- All food preparation surfaces are wiped clean before and after use with anti-bacterial cleaner and disposable cloths.
- All chopping boards are cleaned after use with warm soapy water, anti-bacterial cleaner and then thoroughly rinsed.
- Appropriate controls are implemented to reduce the risk of cross contamination.

## **Mealtimes**

Superkids realises that mealtimes should be a happy, social occasion for both children and staff, and we aim to make sure that children's knowledge, experience and relationships with food are always positive.

Care is taken to ensure that food is well presented, is varied, and features different colours and textures to appeal to children and expand their palates. Children and adults wash their hands before eating and then sit together in small groups. Disposable crockery will be used on special occasions or for safeguarding reasons.

Everything needed for the meal is within reach of staff so that movement of staff is kept to a minimum during the meal. Staff will where possible sit with the children, to set a good example, and for their own enjoyment.

All children are encouraged to help lay the table and clear the table. Where possible, bowls of food are put on the tables so that children can help themselves; this all helps to develop hand to eye co-ordination and encourages independence and helps children to make decisions regarding quantities.

## **Learning with food**

Food can be the basis of so many fun activities at Superkids, not just cooking. At our setting we have many food centred activities, which are a good way of introducing children to new types of food before they are presented to them. Food plays a part in counting and maths, science, dance, art and many more activities.

Children are educated about healthy eating, and children love to learn about the origins of the food that they eat. Children gain a sense of nature and learn about where food comes from; learning that food is grown in the ground rather than simply bought in plastic packets from the supermarket.

## **Cultural and Religious Diversity**

Superkids and its staff are committed to embracing the cultural and religious diversity of the families who use our services. The manager and staff will work with parents/carers to ensure that any particular dietary requirements are met.

The setting is also keen to help introduce children to different religious and cultural festivals and events through different types of food/drink sessions.

## **Parental Involvement and Feedback**

At Superkids we realise that parental and family involvement is key to making sure that children have healthy and happy lifestyles. We display menus and listen to parent's views regarding menus. The setting actively welcomes parents' feedback as they are intricately involved in the eating lives of their children.

## **Guidelines for Mealtimes**

- Individual dietary requirements are respected
- Staff set an example of good table manners
- Cultural differences in eating habits are respected
- Children will be encouraged to say 'Please' and 'Thank you' and to sit at the table
- Quiet conversation is encouraged
- Any child who does not want to eat will have their food removed without any fuss
- Children who are not on special diets will be encouraged to try new foods but should never be forced to eat them. New foods can be introduced regularly, and it is anticipated that children will become accustomed to the new foods over a period of time
- Children who are slow eaters will be given time and not rushed
- The quantity offered will take into account the age of the children
- Drinks are offered with the meal and the children should be allowed to choose when they want them

- Children will be encouraged to use a range of eating utensils
- Children will not be forced to eat meals or finish everything on their plate
- Children should not have to finish everything on their plate in order to be offered more food
- Children will be encouraged and allowed to decide for themselves whether they want to eat all their snack or not, as well as if they want dessert or not
- Children will be encouraged, where reasonably possible, to wait until everybody has finished their first course before starting on their dessert
- Menus will be displayed in the setting for parents/carers to see
- No child is ever forced to eat food they do not want
- Equally, food will never be withheld as a punishment or offered as a reward
- Food served does not contain nuts, to protect children who may be allergic to nuts.
- Staff do not have hot drinks when children are present, to avoid the risk of scalding children
- Those responsible for the preparation and handling of food are fully aware of, and comply with, regulations relating to food safety and hygiene and hold a current Food Handling Hygiene Certificate
- Parents/carers may celebrate children's birthdays by bringing in non-food items such as balloons, badges, etc. Occasionally, we may celebrate a special occasion with special food such as cakes or sweets or squash
- Children will be encouraged to make their own food on occasions
- The Statutory Framework for the Early Years Foundation Stage requires providers to notify Ofsted of any food poisoning affecting two or more children looked after on the premises

## **Managing Allergies and Dietary Requirements in Children**

At Superkids we aim to have an inclusive approach to managing allergies and dietary requirements in children. We are aware that children have allergies which may cause an allergic reaction. We follow this policy to ensure that allergic reactions are minimised or where possible prevented and that our team are fully aware of how to support a child who may be having an allergic reaction.

### **Induction for Children**

- I. Registration forms are completed by a parent detailing any allergies or dietary requirements.

II. Confirm details prior to the child starting and complete an allergy care plan together, this is then kept in the 'allergy care plan' file in the office.

## **Responsibilities**

- The manager is responsible for completing a visual template detailing allergy to be displayed in the setting.
- The manager meets with the Company Director to discuss allergies and food alternatives.
- The manager and team are responsible to ensure no nuts or non-superkids food are brought into the setting.
- The manager is responsible for ensuring that all permanent and temporary team are made aware of any allergies.
- The manager together with their team is responsible for ensuring that children with an allergy are given a red bowl/plate/cup to use. Any child with dietary requirement related to their cultural or religious beliefs should be given a green plate. This alerts adult working in the club to a special food requirement.
- The manager is responsible for ensuring that all new team are made aware of the allergy details and where they are displayed.
- The manager and Deputy are responsible for ensuring that allergy care plans are updated on a regular basis and at least every three months.
- The Manager and Deputy are responsible for ensuring all new team members are made aware of the allergy process and where allergy care plans are kept.

## **Allergen Rules**

Allergenic ingredients must be indicated in list of ingredients with clear reference to name of the substance or product as listed in Annex II of the EU Food Information for Consumers Regulation No.1169/2011 and Commission Delegated Regulation (EU) No. 78/2014 amending Annex II to Regulation (EU) No 1169/2011. Annex II outlines the 14 allergens (and products thereof) that must be labelled or indicated as being present in foods and are:

1. Cereals containing gluten, namely: wheat (such as spelt and Khorasan wheat), rye, barley, oats
2. Crustaceans for example prawns, crabs, lobster, crayfish
3. Eggs
4. Fish
5. Peanuts
6. Soybeans
7. Milk (including lactose)

8. Nuts; namely almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia (or Queensland) nuts
9. Celery (including celeriac)
10. Mustard
11. Sesame
12. Sulphur dioxide/sulphites, where added and at a level above 10mg/kg or 10mg/L in the finished product. This can be used as a preservative in dried fruit
13. Lupin, which includes lupin seeds and flour and can be found in types of bread, pastries and pasta
14. Molluscs like, mussels, whelks, oysters, snails and squid

The policy was adopted by: Superkids Club Ltd	Date: 16.04.2020
To be reviewed: April 2021	Signed: Jo Murray & Jessica Baker

*Written in accordance with the Statutory Framework for the Early Years Foundation Stage (2017):  
 Safeguarding and Welfare Requirements: Food and drink [3.48], 'Safer Food, Better Business for Caterers' (FSA 2019).*