



Food, Food Preparation, Diet and Nutrition Policy

York Childcare (YC) employs a cook at each nursery to prepare and serve snacks and meals for the children. The needs of most children with specific dietary requirements can be catered for. The dietary needs of all children are discussed before a child starts at nursery and a 'Safe Food Agreement' completed where a particular need is identified, the details of which will be made known to all staff working at that nursery prior to the child attending. Staff are required to follow the details stated on each child's Safe Food Agreement in order to support the individual needs of every child – any failures in complying with the requirements of a Safe Food Agreement will result in disciplinary action.

Occasionally it may not be possible to accommodate a specific dietary requirement in a nursery kitchen. In this situation parents may be asked to provide food themselves or the offer of a place may need to be reviewed. Parents are responsible for ensuring safe storage and transportation of food to nursery when it has been agreed that food from home will be provided.

Each setting is responsible for ordering supplies in line with budget guidelines.

YC aim to follow guidelines set out in the voluntary code of practise 'Eat Better Start Better' issued by the Children's Food Trust.

Most food will be homemade, with convenience and pre-packed food kept to a minimum. A variety of fruit and vegetables will be served daily as part of a balanced diet. These may be fresh, frozen or canned (not in syrup or brine).

Consideration will be given to the ingredients of purchased food items to take into account salt, sugar and saturated fat content. Where possible, lower sugar/salt options will be purchased. Sugar will be kept to a minimum as an added ingredient; salt will not be added to any food.

In accordance with regulations regarding specific labelling of food allergens effective from 13th December 2014, allergen information will be available for all ingredients used at each nursery. Home baked cakes/produce such as birthday cakes are welcome at nursery but because of allergen identification they cannot be given to the children at nursery so will be sent home with children.

All staff working in nursery kitchens must adhere to hygiene procedures and must maintain an up-to-date Food Hygiene Certificate. Clean clothes/aprons must be worn, long hair tied back, nails clean and short; disposable gloves should be worn for handling food (and disposed of after use) and any cuts covered with waterproof plasters. Jewellery such as rings and watches should be removed. Staff not involved in the preparation of food must not enter the kitchen and must exercise caution on entry for safety reasons.

In conjunction with the job description, the Nursery Cook is responsible for:

- Maintaining and updating the 'Safer Food, Better Business' folder which is stored in each kitchen, ensuring the completion of daily diary sheets.
- Completing daily/weekly cleaning of the kitchen



- Developing and implementing a rota for cleaning/deep cleaning requirements of the kitchen and associated equipment in line with current Environmental Health guidelines.
- Efficient stock rotation and use of produce, to minimise waste.