

## Little Cherries

### Food Policy and Lunch Club Advisory Notes

#### Policy Statement

As part of our daily routines Little Cherries provides snack time which we value as an important part of our day. We also provide supervision during our Lunch Club. These provide a social time for our children and adults. During these times adults will introduce and discuss aspects of healthy eating and being healthy. At snack times we provide a variety of healthy and nutritious foods which, if required, will be adapted to meet the child's individual dietary requirements.

#### Procedures

We follow these procedures to promote healthy eating at Little Cherries:

- Before a child starts Little Cherries we ask about their dietary needs including any allergies (see 'Managing children who are sick, infectious or with allergies' policy).
- We record relevant information about each child's dietary needs in the registration form which parents sign to acknowledge is correct.
- Parents/carers are regularly consulted to ensure those children's dietary needs and allergy records are up to date. Updated records are signed to signify that they are correct.
- Staff and volunteers are made aware of children's dietary needs and allergies.
- Staff are aware of the 14 known allergens which are displayed in the kitchen area and on the notice board.
- A list of the known allergens contained in the foods which are served directly by Little Cherries (at snack times) is also available.
- Due to some of our children having a wide range of food allergies and intolerances, and to encourage healthy eating, we cannot give out birthday cake, or any food or sweet related items for birthdays. However, we still celebrate and acknowledge a child's birthday by the giving of a card and the singing of 'Happy Birthday'.
- For celebrations and special occasions food and drink can often play an important role, providing opportunities for children to learn about food and drink from different religions and cultures. Any foods brought in from outside of the group to share with the children must be shop brought and discussed with the manager. This will allow us to check for known allergens and serve accordingly.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs.

- Little Cherries provide nutritious food for snacks, avoiding large quantities of saturated fat, sugar and salt, artificial preservatives and colourings.
- We aim to include a variety of snack food such as dairy foods, grains, cereals, fruit and vegetables.
- We aim to include food from the diets from different cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- Little Cherries does not provide food containing nuts or nut products and are especially vigilant when having a child with a known nut allergy.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff will not use a child's diet or allergy as a label for the child, or make a child feel singled out because of his/her diet or allergy.
- Snack and meal times (in Lunch Club) are social occasions in which children and staff participate.
- We use snack times to develop children's independence through making choices, serving food and drink and feeding themselves.
- Fresh drinking water is 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 of the day.

#### Lunch Club (See also Lunch Club Advisory Notes)

We provide a service where staff supervise and support children to eat a packed lunch provided by parents/carers. Children must be able to eat their lunch independently. Staff are not able to feed children or heat food so parents are asked to provide a healthy lunch which is easy for their child to eat with minimal supervision.

We inform parents of the storage facilities available at Little Cherries and suitable containers for food. In order to protect children with allergies, we discourage children from sharing and swapping their food with one another.

Advisory guidelines are issued to parents regarding the food in the lunch boxes. These are:

- We encourage packed lunches to contain an ice pack to keep food cool.
- The child's name should be clearly labelled on the lunch box.
- No nuts/ nut products are to be provided in the lunch box.
- We encourage healthy eating- providing sandwiches with a healthy filling, fruit and milk- based desserts such as yoghurt or crème fraiche along with water to drink.
- We discourage packed lunch contents which largely consist of crisps, processed foods, sweet drinks and foods such as cakes and biscuits. We reserve the right to return this food to parents as a last resort.
- We ensure that staff will sit with the children while they eat their lunch, providing a supportive role and ensuring that lunchtime is a social occasion.

- We encourage parents to help their child in developing their independent skills e.g. opening packets, lids and feeding themselves.

**Further Information please see:**

- *Lunch Club Advisory Notes for Parents/Carers*
- *Food Hygiene and Reporting of Food Poisoning Policy*

This policy was adopted at a meeting of Little Cherries

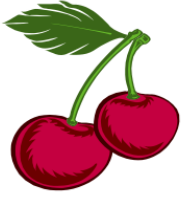
Held on: May 7<sup>th</sup> 2019

Date to be reviewed: May 2020

Signed on behalf of the Management Committee:.....

Name of signatory: Jennie Peacock

Role of signatory: Chair person



## Lunch Club Advisory notes for parents/carers

Thank you for booking your child into Little Cherries Lunch Club. We feel that it is beneficial for you to be informed of information detailed in our current food policy. This is as follows:

We provide a service where staff supervise children to eat a packed lunch provided by parents/carers. Children must be able to eat their lunch independently. Staff are not able to feed children or heat food so please ensure you provide a healthy lunch which is easy for your child to eat independently.

The storage facilities available at Little Cherries for lunch boxes will be in the corridor outside the rooms allowing no direct sunlight. We advise that insulated lunch boxes and/or ice packs are used to maintain food temperature.

In order to protect children with allergies, we discourage children sharing and swapping their food with one another.

Advisory guidelines regarding the food in the lunch boxes are that;

- The lunch box is clearly labelled with the child's name.
- We encourage packed lunches to contain an ice pack to keep food cool.
- No nuts/ nut products are to be provided in the lunch box.
- We encourage healthy eating- providing sandwiches with a healthy filling, fruit and milk- based desserts such as yoghurt or crème fraiche along with water to drink.
- We discourage packed lunch contents which largely consist of crisps, processed foods, sweet drinks and foods such as cakes and biscuits. We reserve the right to return this food to parents as a last resort.
- We ensure that staff will supervise children whilst eating their lunch providing a supportive role and ensuring that lunchtime is a social occasion.
- We encourage parents to help their child in developing their independent skills e.g opening packets, lids and feeding themselves.

Please feel free to discuss any questions regarding this information or questions regarding Lunch Club with a member of staff.