



FOOD AND DRINK POLICY

Our Mission

Curious Explorers ensures all children to receive a healthy balanced diet and to be educated in a healthy lifestyle.

This food policy outlines our approach to all aspects of food and nutrition. Everybody at Curious Explorers Ltd knows what foods are on offer to the children, when and where they eat, and how we use food to support children's learning, health, and development.

We plan varied menus for meals and snacks in advance, which include different tastes, colours and textures of food and take into consideration seasonality, sustainability, and the impact on the environment. Staff members with appropriate skills plan menus so that all the children are offered varied and balanced food and drink.

We employ qualified chefs at all nurseries who hold Health & Safety and Food Hygiene qualifications. Meals are freshly prepared daily, and we have weekly food delivery. Our seasonal winter/summer menus are on a 4 weekly rotation and include breakfast, lunch, tea, and snacks. We display the menus on the menu board and on our website.

All staff have relevant training to make sure that we can provide children with appropriate food and drink for their needs and are effective role models. This means that staff planning and preparing meals at Curious Explorers have had relevant training in food hygiene and they talk to children about food in a knowledgeable and enthusiastic way. The nursery management team and all staff either hold Food Hygiene certificates or are working towards it.

We provide meals and snacks that are planned so that they meet the national best practice food and drink guidelines.

We cater for the dietary requirements of all children wherever possible. This means that we work with families to make sure that any special dietary requirements (including food allergies and intolerance's) are accommodated, and that children of all cultures and religions can enjoy appropriate meals and snacks.

We have a positive and welcoming eating environment, to encourage children to eat well, and develop good eating habits and social skills. We use the whole day as well as meals and snacks to teach children about healthy eating and encourage a positive attitude towards mealtimes. Fussy eaters are encouraged to try food and are given stickers as rewards. Staff members sometimes eat with the children to role model good eating habits.



We ask parents to provide children with **labelled** water bottles that go home daily for parents to sterilize and refill. No juice/squash/fizzy drinks are allowed.

Water bottles will be replenished during the day with water when needed.

A 1/3 pint of milk is allocated to each child each day which is incorporated in their menu. At most meal/snack times children can choose between milk and/or water.

We are also able to supply some formulas to babies, please ask the office for a copy of which formula is available.

We have a weaning menu at various stages which we follow at parent's requests.

We believe that Curious Explorers provides a home away from home, using a choice of plastic or metal cutlery in various sizes – and chopsticks when needed. The children in the Preschool room are encouraged to pour their own drinks and have a self-service café style.

Children help to set and clear the tables and are allowed to choose where they sit and who they sit with and are encouraged to make mealtimes a sociable time with chit-chat with their friends. Children eat in their respective rooms and sometimes, weather permitting; we eat outdoors and go for picnics. We carry out a risk assessment.

ALLERGY & SPECIAL DIETARY NEEDS POLICY

At Curious Explorers Ltd we can cook meals for special dietary needs but politely ask that parents provide alternative foods where required.

Each room has a dietary requirement list with children in the nursery that have an allergy or special requirement. Our kitchen also has individual cards with photos stating the dietary requirement and the days the child attends for the cook.

All staff members are alerted of **all** the children in the nursery that have a dietary requirement and asked to check the list before mealtimes to ensure children are not given food they are not permitted. Parents should supply the nursery with any special foods which have been prescribed by their doctor. A care plan will then be set up for the child that will be available in all rooms.

We have a colour-coded system using plates/bowls and cutlery. Red plates/bowls are used for children who have a dietary requirement, allergy, or intolerance. Blue plates/bowls are to be used for all children who do not have a dietary requirement. Cutlery is also color coded and all rooms have this displayed on the wall for quick reference.

Parents should inform the nursery of any allergies their child may have. This could include food allergies; skin reactions; medicine; latex (gloves). This list is inexhaustible.



MILK BOTTLE MAKING AND FEEDING PROCEDURE

1. All bottles (water and milk) must have child's name on. If a bottle come in unlabelled, we will put a label on.
2. We send children's bottle home at the end of each day
3. To ensure continuous care one staff member is responsible for milk feeds for the day.
4. To ensure every child is given the correct feed our procedure is that the staff member who makes up the feed must be the member of staff who feeds the child.
5. Comprehensive information about children's formula and times is up on the baby information board to ensure children are given the correct milk at the correct time.
6. A record of what time the milk was given will be put on our Daily Connect app for parents to see and also on our baby information board to ensure babies feed routines are kept.

BOTTLE WARMING PROCEDURE

1. Wash hands with soap and water.
2. Unscrew top, removing the cap first and keeping teat covered if possible - handle the tip as little as possible, remove the disc cover if inside and then replace teat and cap.
3. Prepare hot shot, using fresh water in kettle, add 2oz of boiled water to bottle, add formula, swirl, then add remaining water.
4. Shake the bottle well to mix the milk. Take cap off teat and test temperature of the milk (or boiled water). Test temperature by dropping a few drops of liquid from the bottle into the inside of the wrist - it should feel tepid/warm but NOT hot.
5. If it is too hot you will have to leave it to stand for a while (or place in a bowl of cold water to cool quickly), testing it again as above before offering it to the baby.
6. Do not reheat the milk - it must be thrown away after 1 hour standing at room temperature.



FOOD SAFETY PROCEDURE

1. Food Storage: Any food that is to be kept must be covered and stored in the fridge or freezer immediately. All food must be labelled with the name of the child it is for (if appropriate), the date it is stored on and the date that it needs to be used by. Please remember to inform other staff members that you have stored the food and if it has a specific time to be used by, or a child, it is for them also let them know this. 'Use by' labels are to be used once a tin or packet has been opened and the remains are to be stored. Please ensure that any open packets are appropriately sealed after use.
2. Chilling food properly helps to stop harmful bacteria from growing. Some foods need to be kept chilled to keep them safe, such as sandwiches, cooked food, cream and desserts, food with a 'use by' date and food that says 'keep refrigerated' on the label.
3. Date Rotation: All food must be kept and stored in date order and checked on a weekly basis. Any food that is out of date must be disposed of properly.
4. Heating Food: Please ensure that all food is heated to the correct temperature **(80-82°C)**, that the temperature probe is used, and it is logged onto the temperature form. This also applies to the reheating of foods. Please note that if food is too HOT you must NOT blow on it to cool it down, as this spread's infection. The food must be allowed to cool naturally or put in front of a fan.
5. Use of Temperature Probe: Before use, wipe the probe clean, place the probe in the food and wait until the probe gives a final reading. Once the probe has reached the final reading, then record details on the temperature probe slip. Clean and replace the probe. Each month the probe needs to be realigned. This is done by placing it boiling water and ensuring the temperature reaches 100°. If it fails to reach this temperature, please take into account the difference when probing food.
6. You always need to wash your hands before preparing or serving food. Keeping the kitchen clean and sterilizing work tops and equipment at all times is very necessary.



HAZARD ANALYSIS

Food Deliveries: The fridge and freezer temperature should be checked and recorded on the order form on arrival and sent back if not correct.

Freezer Storage: Daily temperature checks should be carried out. Also, bags need to be secured shut and labelled with the date it was frozen. Monthly cleaning needs to be carried out and stock rotated.

Fridge Storage: Daily temperature checks should be carried out. Food should be labelled with the stored date, use by date and child's name (as necessary). The fridge layout should be followed, and it should be cleaned weekly, and stock rotated.

Ambient Storage: Ensure all items are used by their 'use by' dates, once they are opened, they are sealed, and the stock rotated.

Cooking: As with heating food, ensure that all food is cooked to the correct temperature (80°-82° C), in the correct manner.

Defrosting: Food should be placed in a baking tin in the fridge overnight to defrost (some larger items may need 1 or 2 days). Ensure food is thoroughly defrosted before cooking.

All temperatures taken in the kitchen will be recorded in temperature folders.

Cross-contamination: Cross-contamination is one of the most common causes of food poisoning. It happens when harmful bacteria are spread onto food from other food, surfaces, hands, or equipment.

These harmful bacteria often come from raw meat/poultry, fish, eggs, and unwashed vegetables.

So, it is especially important to handle these foods carefully.

Other sources of bacteria can include:

- Staff
- Pests
- Equipment
- Cloths
- Dirt or soil

When you handle raw and ready-to-eat food in your business you may need to consider extra procedures to help keep the food you produce safe.

More information can be found at: food.gov.uk/E.coli guide

Do not forget that you should also protect food from 'physical contamination' (where objects get into food, e.g. broken glass or pieces of packaging) and 'chemical contamination' (where chemicals get into food, e.g. cleaning products or pest control chemicals).



Registered providers must notify OFSTED and environmental health of any food poisoning affecting two or more children looked after on the premises. Notification must be made as soon as is reasonably practicable, but in any event within 14 days of the incident. A registered provider, who, without reasonable excuse, fails to comply with this requirement, commits an offence.

This policy runs alongside the Safer Food Better Business for Caterers. Each cook fills in and uses the Safer Food Better Business pack once they start. All our staff has Food Hygiene certificates and use the Safer Food Better Business for Caterers pack for further reference.