Safer Eating Policy

At Curious Explorers, it is important we are able to provide safe eating environments for our children, which means providing the right types and textures of food, having safe eating set ups and supervision, and taking proactive steps towards safeguarding mealtimes.

This policy outlines how we aim to do this.

- Before a child starts, we obtain information from the parents about any special dietary requirements, allergies or intolerances. This information is shared with all staff members involved with that child.
- We have ongoing discussions and care plans are reviewed regularly so information about allergies/intolerances are kept up to date. (Please also see food and drink policy)
- At the child's initial visit staff obtain information about the stage their child is at in regard to introducing solid food, including textures. We will not make assumptions based on the child's age. We have ongoing discussions with parents about introducing new textures to their child.
- We ensure our cook is preparing food in a suitably in order to prevent choking and follows guidance on food safety on the government website.
- We ensure that babies and young children are seated safely in a highchair or appropriately sized low chair.
- We ensure to check children have completely finished eating before they leave the table or we take them out of their chair. We teach older children to not leave the table until they have finish what is in their mouth to prevent choking.
- Children are always within sight and hearing of a member of staff whilst eating and staff sit facing children whilst they eat to be alert of silent choking and prevent food sharing and be aware of any unexpected allergic reactions.
- At mealtimes, there is always a minimum of 2 members of staff who has a valid pediatric first aid certificate.
- Whenever a child experiences an actual or potential choking incident, we ensure this is recorded and parents are made aware. Furthermore, we would review how the child choked, what the outcome was and also put in measures to make sure it does not happen again.

ALLERGY & SPECIAL DIETARY NEEDS POLICY

- At Curious Explorers Ltd we can cook meals for special dietary needs but politely ask that parents provide the 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 has a dietary requirement and asked to check the list before mealtimes to ensure children are not given foods 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 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 on writing; of any allergies their child may have. This could include: food allergy; skin reactions; medicine; latex (gloves). This list is inexhaustible.

For further information and advice

Weaning - Start for Life - NHS

Help for early years providers : Food safety