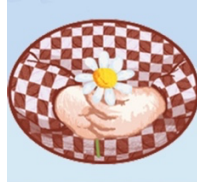


Stone Bay Montessori and Beach School



Food and Drink Policy

Statement of Intent

Stone Bay Montessori and Beach School regards snack and meal times as an important part of the Nursery's day. Eating represents a social time for children and adults and helps children to learn about healthy eating and table manners.

Aim

At snack time, we aim to provide nutritious food, which meets the children's individual dietary needs.

Methods:

Snack time:

- We provide children with familiar foods and introduce them to new ones at the snack table and often through festivals and topic work.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong and of vegetarians and vegans and about food allergies or intolerances. We take account of this information in the provision of food and drinks.
- We take care not to provide food that a child may be allergic to and are particularly vigilant about food containing nuts. Stone Bay Montessori and Beach School is a nut-free school.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do 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 time is organised so that the children help themselves and eat together, with a maximum of six at a time, to encourage social development.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children to help themselves.
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.

Preparation of food and food on the premises:

It is important to note that at Stone Bay Montessori and Beach School we provide chopped fresh fruit and dry healthy snacks for the children's snack period only.

Preparing:

- Hands are thoroughly washed with anti-bacterial soap and warm water at each of these times: before starting to prepare food, after going to the toilet and also when returning to the kitchen and after touching the bin. Hands are thoroughly dried to prevent the spread of bacteria.
- All fruit is washed in running cold water before placing it in the fruit basket.
- All fruit is chopped on a clean polypropylene chopping board.
- All sharp utensils, including vegetable peelers and fruit dissectors are kept out of the reach of the children. Knives with pointed ends are only to be used by adults, children may use knives with rounded ends.

Tables where the children eat their snack:

- These are wiped down prior to the serving of the snack, using anti-bacterial spray or wipes.
- Children are encouraged to wash and dry their hands before their snack.
- Children helping to prepare the snack by using any cutting, scraping or dissecting utensils are supervised at all times.

Cleaning:

- The children tip any left-over food in the bin when they have finished eating and any left-over drink into a basin provided. They then wash and dry their own plates utensils and return them to the snack table. This is well supervised by an adult.
- Any spilt food is wiped up straight away.
- Chopping board, utensils, plates and bowls are washed with hot water and detergent.
- Tea towels are changed regularly and washed in a washing machine

Storing:

- All fruit is kept in the fridge.
- Fridge temperature is kept under 5 degrees