

Bright Sparks



Childcare

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Food and Drink Policy

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Bright Sparks understand how important it is that children get a variety of healthy nutritious foods each day to support healthy growth, and that they need to be developing good habits in order to sustain good health through adult hood too. To assist parents with this Bright Sparks ensures that:

Snacks and lunches that are provided by the nursery are healthy, nutritious and varied, a menu is displayed on the parents notice board.

A hot meal prepared in our kitchen by our cook is available during term times. The food is checked before serving, ensuring it is the correct temperature. The staff are all made aware of any dietary requirements or allergies and suitable alternatives are then provided. The menu is displayed on the parents notice board and is rotated every three weeks and changed termly.

New tastes are introduced to the children regularly and parents are kept informed of how well these are received by the children.

All staff are made aware of individual children's dietary or religious needs and are required to check for allergies before preparing any foods for the children. The information about allergies is updated regularly and a print out is kept on the inside of the kitchen cupboard door. Never will a child with a severe allergy be singled out, consideration will instead be given to changing the foods offered to all the children.

Water, fresh orange/apple juice or milk is provided during snack & lunch time, with water available all day for the child to access as required. Children are regularly monitored for the required daily intakes of fluids to ensure dehydration does not occur.

No snacks or food provided by Bright Sparks contain nuts (or salt where possible) in the ingredients. Food labels, storage instructions and expiry dates are observed at all times.

All foods brought in for the children are labelled and stored in the refrigerator (where applicable) until required.

Children do not share any food items brought in from home while in the nursery.

All foods served to the children are carefully prepared following Bright Sparks Food Preparation procedure.

Children are encouraged to become independent and to appreciate the social context of meal times.

Information on healthy eating is provided to parents by way of information on the parents notice board and through newsletters and keyworker discussions.

All staff preparing snack have completed Food hygiene training within the last 3 years and the setting is registered with Environmental Health and has a copy of the guidance 'Safer food, better business'.

The fridge temperature is taken daily to ensure it is between 0-4 degrees and the freezer -18 degrees and recorded.

All food stored in the fridge is covered, clearly labelled and in date.

The kitchen has a separate hand basin for hand washing that has hot running water.

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Signed: Mandy Coath June 2025. Review date: June 2026