



Kinellar Nursery

Snack Policy

The nursery has a duty to provide a healthy and nutritionally balanced menu. Children will also have opportunities to try a variety of different foods and food is seen as part of the learning experience and an integral part of the caring environment.

The following policy has been written based on the current guidance published by NHS, *Setting the Table - Nutritional guidance and food standards for early years childcare providers in Scotland, 2014*; *Aberdeenshire Council Snack Charges, April 2014*. The Royal Environmental health Institute of Scotland (REHIS), *The Food Hygiene Handbook for Scotland 2013*.

All staff have successfully completed the REHIS Elementary Food Hygiene course and the REHIS Infection Control course.

Children will be involved with the process of choosing food for snack each week. Discussing the different food groups and types of food that fit these groups and why the variety makes a healthy diet.

Children who have specific dietary requirements and/ or food allergies can be identified by photograph that explains what the restriction is. All staff including supply/student staff are aware of this. This information is located in the Care Plan Folder in the locked cupboard marked Care Plans/First Aid in Room 1.

Medication for any children who have food related allergies are also kept in the cupboard marked Care Plans/First Aid in Room 1.

Check and record the temperature of the fridge and freezer at the start of day.

Weekly menu displayed in Peg Area includes Allergens.

Staff clean food preparation and serving areas with hot soapy water followed by anti-bacterial spray.

Staff members invites children to help to prepare snack and their names are recorded on the Snack Helpers Rota.

Children place the snack cards in the holder.

Adult will tie back their own long hair as required.

Adult and children wash their hands and put on aprons, blue disposable apron for adult and wipe aprons for children. Hand washing is repeated when necessary during the preparation process.

Adult discuss the menu with the children and highlight any risks involved e.g. sharp knife for cutting fruit, food allergens. The discussion should continue during preparation.

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Snack Policy (cont.)

Adult ensures that any stones or pips are removed from food. Small fruit e.g. grapes/cherry tomatoes are cut in half lengthways.

The snack area is constantly supervised to reduce the risk of choking.

All Staff have the appropriate 1st Aid Certification, this is displayed in Room 1.

Adults load the dishwasher once the children are away from the direct area.

Adult cleans the food preparation areas, snack table and children's aprons with hot soapy water followed by anti-bacterial spray. Children will be out of this area when chemical sprays are used to prevent asthma attacks.

Each Friday the microwave, oven and fridge are cleaned and recorded. The food cupboards are cleaned, stock rotated and any out of date food is disposed of.

Freezer is defrosted each term and recorded.

Aberdeenshire Council set the snack fee which is currently 0.50pence per session. This is payable as one fee at the start of each term. The termly amount payable is in the Nursery Termly Newsletter when to be paid by.