

	The Den Food and Diet Policy	
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- Healthy eating habits will be promoted and social skills developed and encouraged during snack and lunch time.
- All children and adults will wash their hands prior to handling food and at meal times. All staff employed in the handling of food will wear appropriate clothing.
- Food offered will be fresh nutritious and well balanced.
- Foods which contain high proportions of fat, sugar or salt will be avoided.
- The use of food containing additives, preservatives and food colourings will be minimized.
- Drinks will be available throughout the sessions: these will include; full fat pasteurised milk, water and on occasion squash.
- All dietary requirements will be respected including: personal, medical and religious.
- Diets and eating practices of all cultures will be positively valued, giving all children an opportunity to identify with the familiar and to learn to enjoy and respect the traditions of others.
- Adults will sit with the children to encourage good habits and conversation.
- Children will sit in small groups.
- Any sample tasting of foods will be served on plates or dishes.
- All children will be allowed to eat and drink at their own pace.
- Children will never be left unattended while eating or drinking.
- Children will be involved in food preparation where appropriate.
- All equipment, utensils and surfaces are kept clean.
- All surfaces, storage areas, utensils and crockery are in good repair.
- All utensils and crockery are rinsed after washing, drained or dried with a clean cloth.

- All fruit and vegetables are washed before use.
- Perishable food and drinks are always kept at appropriate temperatures.
- All waste foods are disposed of hygienically.
- The kitchen area is free from contamination.
- Any food that has been heated is served immediately and food is never reheated.
- Hot drinks are always attended and places out of the children's reach.
- A member of staff will always have a food hygiene certificate.

This **Food and Diet policy** was passed for use in The Den

On: 04.10.2024

By: *Mr. Kevin Baugh & Mrs Laura Butterton*

Positions: *Registered Person & Person in Charge*

Date of planned review: October 2025