

Early Years Food Policy

Approved by: Erika Vargova **Date:** 01/09/2023

Last reviewed on: September 2023

Next review due by: September 2024

Introduction

Meal times in kindergarten are happy, social occasions for children; with positive interactions shared and enjoyed. The food served in kindergarten is vegetarian. A hearty snack is served every morning using organic and seasonal ingredients: rich with plenty of vegetables, grains and fruit. All meals are freshly made at kindergarten, prepared with care, love and gratitude. All adults are trained in Food Hygiene. The children help prepare the food as part of their daily activities and are involved with growing food, through gardening lessons. At the same time each morning everyone sits together in their kindergarten at a big table, to eat the food using real utensils and crockery (not plastic). A verse is said before and after the meal.

General Principles

The daily menu and food information are available on the notice board.

Fresh drinking water is available and accessible at all times. Promoting children's independence where possible.

The kindergarten is committed to ensuring that food provision reflects the ethical and medical requirements of pupils and staff.

On admission, information is requested from the child's parent/carer about the child's dietary requirements before they start in kindergarten which goes

on their interview form. All staff will be fully informed about individual children's dietary requirements, preferences and food allergies and any special health requirements and how these are being met.

Allergies and Special Dietary Requirements

- Parents to complete a 'Medication Consent Form' detailing any special dietary requirements, preferences and food allergies and any special health requirements.
- If a special diet is requested we work closely with the child's parent/carer (and medical professionals if required) to write and agree a clear plan of how to manage the child's special dietary requirement and what to do in the event of an allergic reaction. The plan will include: details of their special dietary requirements; a clear list of the foods which can and can't be eaten; how meals and snacks will be provided: how meals will be adapted from the existing menu with suitable ingredients and how they will be prepared or supplied by parents separately. Parents/carers will update their child's form as and when it is necessary.
- Where a child requires a special diet that is outside of the usual menu for the children the school may ask the parent to fund the food required separately.
- If a child has a need that requires multiple meals on a regular basis the school may not have the staffing or resources to cover this. We will discuss this with parents/carers and create an effective food plan.
- In kindergarten the birthday cake is baked with the children on the day of a birthday celebration. Where a child has an allergy or requires a special diet the teacher will ask the parent to bring a small helping of an alternative food for the child. The child might still be involved in the process of baking: with suitable precautions. Staff must ensure that the risk of allergic reactions is minimised by planning in advance.
- All staff to take suitable precautions during activities involving food.
- To make sure the food reflects the written recipes and allergen information.
- To display details and photos of children with allergies and special dietary requirements in the food preparation area and staff room.

- Practice vigilance at all times.
- Greenwich Waldorf School is an 'allergen aware' setting and has a "no sharing" policy in place to minimise the risk of exposure to allergens making it a safer environment for those with an allergy.
- All staff handling food have Food and Hygiene certificates and maintain strict food hygiene and cross-contamination standards throughout food handling areas.
- All early years staff are PFA trained, which includes training in identifying symptoms of an allergic reaction and how to respond. Specific staff members will be trained, if needed, to administer emergency medication prior to the child starting kindergarten.
- When food is brought from home and shared at festival celebrations, parents/carers will be informed by the teacher of any dietary restrictions or allergies. Parents must label the food with a sticker regarding allergens provided by the teacher.
- Information on food handling and storage is displayed in all food preparations areas.