

Healthy Eating policy

Policy Statement

At St. George's After School Club we regard snack time as an important part of the day's setting as it provides an opportunity for children and adults to socialise and helps children to learn about healthy eating.

Our setting aims to provide children with a well-balanced and nutritious snack that meets all children's dietary needs.

We also try to provide children with different food experiences by regularly providing a range of exotic fruit and vegetables for children to try.

Procedures

Before any child starts to attend the Club we find out from parents through the registration form if their child has any dietary needs or allergies.

This information is made available to all staff to ensure that children only receive food and drink that is consistent with their dietary needs as well as their parents' wishes.

We take care not to provide food containing nuts or nut products, and are especially vigilant where we have a child who has a known nut allergy

A typical example of food included in well-balanced snacks are:

- Celery and Carrot sticks
- Fruit
- Wraps
- Rice Crackers
- Grated Cheese
- Sliced Chicken
- Pita Bread
- Hummus
- Orange or Apple Juice
- Water
- Milk

On special Cultural and Religious Celebrations we provide children with the opportunity to try new foods.

All children who wish to eat are encouraged to wash their hands before snack and find a chair around a table of their choice. Food is placed in the centre of each table, by chosen helpers, and children are encouraged to help themselves to food and drink by staff. This develops independence through children making their own choices and encourages sharing skills and good table manners. Snack is organised so that they are social occasions in which children and staff participate.

Fresh drinking water is constantly provided throughout the day and children have access to water and can ask for it at any point throughout the session.

The club also promotes healthy eating through cooking activities, which encourage children to think about the food that they eat, and to try different food. No child will be forced to eat or drink something against their will, and the withholding of food and drink will never be used as a punishment or reward.

Food Hygiene

All Staff involved in the preparation of food have successfully completed a Food Hygiene Certificate which is updated every three years in line with the Food Hygiene Standards.

Food purchasing, preparation, service and storage meet the appropriate standards for food safety and sanitation. All food, which need to be kept chilled, is put on the appropriate shelf in the fridge and eaten before its sell by date.

Food, which is uneaten at the end of the day, will be thrown away or stored in the appropriate way.

All tables are wiped clean with COSHH approved cleaning fluids before any food preparation takes place, and staff will ensure that they wash their hands.

Gloves will be worn in the preparation of food.

At the end of the week the fridge is cleaned out and the insides wiped with COSHH approved cleaning fluids.

Hygiene Policy

Policy Statement

Our Club recognises the importance of maintaining the highest possible standards of hygiene in and around the premises so as to minimise the risks posed to children, staff and other visitors. The School and staff are committed to taking all practicable steps to prevent and control the spread of infectious germs, and to uphold high standards of personal hygiene in order to minimise the risk of catching or spreading infections.

Personal Hygiene:

In all circumstances, staff will adhere to the following examples of good personal hygiene:

- Washing hands before and after handling food and drink
- Washing hands after using the toilet
- Encouraging children to adopt these same routines
- Covering cuts and abrasions while at the Club
- Keeping long hair tied back
- Taking any other steps that are likely to minimise the spread of infections.

Dealing with Spillages:

Spillages of substances likely to result in the spread of infections will be dealt with rapidly and carefully. Blood, vomit, urine, and faeces will be cleaned up immediately and disposed of safely and hygienically. Staff will wear disposable plastic gloves and an apron while using bleach or disinfectant solution, and wash themselves thoroughly afterwards. Children will be kept well clear whilst these situation are dealt with.

First Aid Hygiene:

Further to the provisions set out in the Health, Sickness and Medication policy, the designated First Aider will be mindful of the need to observe the highest standards of personal hygiene when administering any treatment to children.

As such, they will wash their hands thoroughly both before and after giving first aid, and ensure that plasters or disposable gloves cover any cuts, wounds or skin damage.

Kitchen Hygiene:

All areas where food and drink are stored, prepared and eaten are prone to the spread of infections. Therefore, staff must be particularly careful to observe high standards of hygiene in such circumstances. To this end the following steps will be taken:

- Waste bins will be disposed of safely and all bins will be covered
- Food storage facilities will be regularly and thoroughly cleaned
- Kitchen equipment will be thoroughly cleaned after use
- Staff and children will wash and dry their hands thoroughly before coming into contact with food.
- If cooking is done as an activity, all surfaces and equipment involved will be thoroughly cleaned before and after the session.

Additionally, staff will be aware of the provisions set out in the Food and Drink policy when handling, preparing, cooking and serving food or during at the Club.

This policy was reviewed January 2017

This policy will be reviewed January 2018