



DIET POLICY.

Aim: To provide regular healthy and nutritious drinks and snacks for all children.

The pre-school will ensure that:

- A covered jug of fresh drinking water will always be available in the playroom for children to help themselves to. In the Monkey Room milk and water will be available and offered to children regularly through out the day.
- Healthy and nutritious drinks and snacks will be provided for all children during each pre-school session. This will normally include a piece of fruit, a carbohydrate such as bread sticks and a drink of whole or semi-skimmed pasteurised milk or water.
- A variety of fresh fruit and vegetables are served during the week and children are involved in selecting the food.
- Foods containing large quantities of salt, sugar, additives or fats are avoided except on special occasions such as birthdays and Christmas.
- Foods containing nuts are never offered.
- Children are able to choose when they come to the snack table and are encouraged to develop independence in self monitoring.
- Children are involved in the preparation and serving of the food and drinks. They learn to use tools such as knives under close supervision.
- Allergies, strong likes or dislikes and cultural or religious requirements will be discussed with parents/carers prior to their child starting pre-school and will be recorded as part of the registration form. These special dietary needs will be met.
- Information on special diets and allergies is available to staff and parents in our allergies file on the parent book shelf.
- A multicultural diet is offered to ensure that all children encounter familiar foods as well as trying those that are new to them.

Bottle feeds

- Bottle feeds are to be provided by the parent/carer made-up (guidance for preparing feeds using powdered infant formula and transporting feeds is provided in the parent handbook). The feeds will be stored in the fridge at **below 5° C**. Prepared bottles are best kept in the back of the fridge and not in the door.
- The temperature of the fridge should be checked regularly. A fridge that is opened frequently may need to be set at a lower temperature to ensure that it does not rise above 5 °C during times of frequent access.

Re-warming stored feeds

- Only remove stored feed from the fridge just before it is needed.
- Re-warm using a bottle warmer, or by placing in a container of warm water.
- Microwaves should never be used for re-warming a feed.



- Never leave a feed warming for more than 15 minutes.
- Shake the bottle to ensure the feed has heated evenly.
- Check the feeding temperature by shaking a few drops onto the inside of the wrist - it should be lukewarm, not hot.

The Exwick Ark will have powdered infant formula available in case the prepared bottles provided by parents/carers have all been used up.

Preparing a feed using powdered infant formula

Important Normally each bottle should be made up fresh for each feed. Storing made-up formula milk may increase the chance of a baby becoming ill and should be avoided.

1. Clean the surface thoroughly on which to prepare the feed
2. Wash hands with soap and water and then dry.
3. Boil fresh tap water in a kettle. Alternatively bottled water that is suitable for infants can be used for making up feeds and should be boiled in the same way as tap water.
4. **Important:** Allow the boiled water to cool to no less than 70° C. This means in practice using water that has been left covered, for less than 30 minutes after boiling.
5. Pour the amount of boiled water required into the sterilised bottle.
6. Add the exact amount of formula as instructed on the label. Adding more or less powder than instructed could make the baby ill.
7. Re-assemble the bottle following manufacturer's instructions.
8. Shake the bottle well to mix the contents.
9. Cool quickly to feeding temperature by holding under a running tap, or placing in a container of cold water.
10. Check the temperature by shaking a few drops onto the inside of your wrist – it should feel lukewarm, not hot.
11. Discard any feed that has not been used within two hours.

Transporting feeds – if going on an outing.

Because of the potential for growth of harmful bacteria during transport, feeds should first be cooled in a fridge (below 5° C) and then transported.

- Prepare feed(s) and place in the fridge as outlined in section 'preparing feeds for use later'.
- Ensure feed has been in the fridge for at least one hour before transporting.
- Only remove feed from the fridge immediately before transporting.
- Transport feeds in a cool bag containing a frozen ice brick.
- Feeds transported in a cool bag should be used within 4 hours.
- Re-warm at the destination as in section 'Re-warming stored feeds'.
- Alternatively if you reach the destination within 4 hours, feeds transported in a cool bag can be placed in a fridge and kept for up to a maximum of 24 hours from the time of preparation - this is not ideal as the risk of illness increases the longer it is stored.

Weaning Foods

Parents/carers need to provide all weaning foods. These are to be unopened commercial packets, tins or jars of food.



Packed Lunches

Parents/carers provide packed lunches for their children that do not need reheating. Items needing refrigerating should be wrapped and labelled at home then at the Ark they are removed from the boxes and placed in the fridge at the start of the day.

Signed:

Date: