



Policy Statement

To provide a healthy and hygienic environment where children can learn about healthy living and staff can promote well-being

Food

At pre-school we regard snack time as an important part of the pre-school's session. Eating represents a social time for children and adults, it is also used as a tool to help children to learn about healthy eating/living. Sharon Idle & Karen Banks are our named Food and Hygiene representative they hold a Food Hygiene Certificate.

To achieve this:

- Before a child starts to attend the pre-school, we find out from parents their physical & dietary needs i.e. nappy changing, food preferences, and especially about medical needs or allergies.
- We record all this information in her/his registration record and parents sign the record to signify that the information is correct.
- If necessary a care plan is put in place with the parents input to make sure we are meeting any additional health care needs a child may have.
- We regularly consult with parents to ensure that records of their children's dietary needs including any allergies – are up to date.
- We display a current allergy list on the day board so that all staff and volunteers are fully informed about individuals' requirements and any allergies.
- Staff act as good role models in all aspects of hygiene, washing hands regularly throughout the day, covering any open cuts or wounds etc.
- We promote health and hygiene at every session by example i.e. hand washing before we eat, regular hand sanitization throughout the day and a culture of catch it, bin it... we encourage children to learn how to blow their own nose before putting tissue in the bin, covering their mouths when they cough or sneeze etc.
- We organise snack times so that they are social occasions, in which children and staff participate, manners and healthy eating are also promoted.
- We use snack times to help children to develop independence with hand washing using visual displays and songs to encourage good cleaning and drying of hands etc.
- Children have their own named basket where they place their own morning snack and water bottles from home, parents are asked to provide a healthy snack in a named disposable bag and all water bottles must be named. Children have access to their water bottles throughout the day.
- Staff who do prepare and handle food will practice good hygiene.
- All food and drink is stored appropriately.
- Adults do not carry hot drinks around the hall and do not place hot drinks within reach of children.

- We ensure that waste is disposed of properly and out of the reach of children.

Kitchen/Food Preparation

- Children do not have any unsupervised access to the kitchen.
- All surfaces are cleaned before and after use during every session.
- Cleaning materials and other dangerous materials are stored out of children's reach.
- There are separate facilities for hand-washing and for washing up.
- A pedal bin is used for hygiene purposes
- When children take part in cooking activities, they:
 - are supervised at all times;
 - are kept away from hot surfaces and hot water; and
 - do not have unsupervised access to electrical equipment.

Packed Lunches

- Parents are asked to provide a healthy packed lunch for children who are in the setting all day, they are encouraged to provide/prepare a small healthy lunch in a cool bag with an ice pack inside and are asked not to include fizzy drinks or **nuts** in lunch boxes.
- The Lunch tables are cleaned before and after use.
- Lunch boxes are kept in a cool area until lunch time and served within 4 hours of arrival at the setting.
- When children start in the setting parents are provided with a healthy lunch fact sheet, there is also a 'staying healthy' page on our website.

Hygiene

- Our Health and safety representatives keep up to date with health, hygiene and safety legislation.
- Our daily routines encourage the children to learn about personal hygiene.
- All staff take responsibility for cleaning resources and equipment, dressing up clothes and furnishings, the supervisor discusses with staff at supervisions cleaning/health and safety routines.
- Oral hygiene is discussed with parents and children on a regular basis through activities and displays. Fresh drinking water is always available and sugary drinks are not provided. 10 steps to healthy toddlers is displayed on our website and signposted to new parents.
- Staff are provided with disposable gloves for when dealing with any times of spillages of accidents.
- The toilet area has a good standard of hygiene including hand washing and drying facilities.
- We implement good hygiene practices by:
 - cleaning tables between activities;
 - checking toilets regularly;
 - wearing protective clothing as appropriate, such as disposable gloves and aprons
 - providing sets of clean clothes when necessary;
 - providing tissues and wipes; and
 - ensuring sole use of hand towels.

This policy was adopted by: Burham Pre-school

On _____

Date to be reviewed _____

Signed: _____ (supervisor)

_____ (chairperson committee)