



## **JPAC HEALTHY EATING and FOOD HYGIENE POLICY**

JPAC Ltd staff will make every effort to promote healthy eating and will lead by example when providing daily snacks. We regard snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. It is a time to help children to develop independence through making choices, serving food and drink. Staff will discuss with children the importance of a balanced diet. They will ensure that snack time incorporates plenty of fruit/vegetables, low-fat and low sugar foods. Where snacks include meat, there will always be a vegetarian option available. Fresh drinking water will always be available.

Children will, whenever possible, be involved in the planning of snack menus. We display the menus of meals/snacks for the information of parents /carers. They also have an input with regards to menus.

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. All children must have their dietary requirements completed on the registration form. Particular dietary requirements will be met by embracing medical, cultural and religious needs. Knowing about children's allergies is particularly important and a list of children with allergies will be kept near the food preparation area. Cultural and religious food should be recognized, used and educationally developed.

Limitations exist on the preparation of food in almost all of our settings as we are not allowed access to the school kitchens. This limitation restricts the choice of hot meals that can be prepared. However, even allowing for this restriction some hot food will be offered each week. All settings have a fridge, microwave and toaster and some settings have access to a table top oven.

JPAC Ltd expects all staff to gain a Food Hygiene qualification. The company provides access to e-learning courses to facilitate this.

We use reliable suppliers for the food we purchase. Food is stored at correct temperatures and is checked to ensure it is in-date and not subject to contamination by pests, rodents or mould. Children are always supervised during the preparation of food.

When children take part in cooking activities, they:

- are supervised at all times;
- understand the importance of hand washing and simple hygiene rules
- are kept away from hot surfaces and hot water; and
- do not have unsupervised access to electrical equipment such as blenders etc.

### ***Basic Food Hygiene Rules***

Food Hygiene rules must be adhered to at all times. The basic rules are shown below:

Staff must wash their hands before handling food

Staff should use gloves when handling food

Surfaces used for food preparation should be clean and wiped with an antibacterial spray.

Separate utensils should be used for each type of food being prepared

Before eating children should wash their hands

Food should only be eaten when children are sitting correctly at a table

Any drink offered should be free from additives and preservatives

Waste to be disposed of safely and effectively and always be removed from the setting at the end of the session.

To comply with H&SAW requirements the Company will be inspected, when the school from which we operate is inspected. This arrangement has been authorized by the schools that we represent.

### *Reporting of food poisoning*

#### **Action to be Taken in Case of Food Poisoning**

- Food poisoning can occur for a number of reasons; not all cases of sickness or diarrhoea are as a result of food poisoning and not all cases of sickness or diarrhoea are reportable.
- Where children and/or adults have been diagnosed by a GP or hospital doctor to be suffering from food poisoning and where it seems possible that the source of the outbreak is within the setting, the manager will contact the Environmental Health Department and the Health Protection Agency, to report the outbreak and will comply with any investigation.
- If the food poisoning is identified as a notifiable disease under the Public Health (Infectious Diseases) Regulations 1988 the setting will report the matter to Ofsted.

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