



Healthy Eating and Nutrition Policy

Policy statement

Mealtimes should be a happy, social occasion for all beneficiaries and staff alike. Positive interactions should be shared at these times and enjoyed. At Rainbow Hub, snack and meal times are an important part of the day. Eating times are important to teach the children adult service-users how to cook for and feed themselves' appropriately, use manners, good hygiene practices and represent a social time for children and adults.

In order to meet the 'Healthy Eating and Nutrition Policy' the particular arrangements which we will make are set out within this document and sufficient resources will be made available to honour our commitment to the policy.

The policy will be kept up-to-date, particularly as the setting changes in nature and size and will be revised annually, or as and when required. We therefore welcome any useful comments from members of staff, parents, carers, service-users, volunteers, students and visitors regarding this policy.

Procedure

- We promote healthy eating during all snack and meal times and strongly encourage parents/carers to provide healthy foods and discourage foods that are high in saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- At snack and meal times, we aim to provide nutritious food, which meets the beneficiary's individual dietary needs.
- Many of the individuals at Rainbow Hub may have specific dietary requirements/feeding issues.
- Individual dietary requirements will be respected. We will gather information from parents/carers regarding their children/adult dietary needs including any special dietary requirements, preferences and food allergies and any special health requirements before a child/adult is admitted to the setting.
- Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents/carers to put into place an individual dietary plan for the beneficiary.
- Details of individual allergies are kept in each beneficiary file. A list of allergies is kept in the Hub Office and the nursery office at Rainbow Hub.
- Individuals with specific feeding issues may also have these detailed in an individual risk assessment and/or care plan which is kept in the risk assessment and/or personal file (see Health and Safety Policy).
- We will ensure that fresh drinking water will be constantly available and accessible and is frequently offered to the beneficiaries.
- If an individual is fed using a direct Gastrostomy or nasal Gastrostomy feeding tube and will require feeding through this tube whilst in the setting then training will be sought from external agencies (in line with our 'Administration of Medication and Gastrostomy Feeds Policy'). In line with OFSTED guidelines, individualised training will be sought for children below statutory school age. Generalised training will be sought for those above statutory school age. Information on this procedure and trained persons will be detailed in an individual care plan which is kept in the

beneficiary's file. Rainbow Hub's Administration of Medication and Gastrostomy Feeds Policy will be followed when using this feeding method.

- During meals and snack times beneficiaries will be encouraged to use their manners and say/communicate 'please' and 'thank you' and conversation/communication will be encouraged.
- Staff will use meal and snack times to help beneficiaries to develop independence through making choices, preparing/serving food and drink, and feeding themselves. Staff will support beneficiaries to make healthy choices and understand the need for healthy eating.
- Any beneficiaries who show signs of distress at being faced with food he/she does not like will have his/her food removed without any fuss. Beneficiaries who refuse to eat at the mealtime will be offered food later in the session if time allows.
- Beneficiaries will be given time to eat at their own pace and not rushed.
- Quantities offered will take account of the ages/abilities/diets of the beneficiaries being catered for.
- We will promote positive attitudes to healthy eating through food exploration, play opportunities and discussions.
- No beneficiary is ever left alone when eating/drinking to minimise the risk of choking.
- All staff that prepare and handle food are competent to do so and receive training in food hygiene. They will be provided with the appropriate resources with which to prepare and handle food.
- We provide beneficiaries with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.

Food Hygiene Policy (Including procedure for reporting food poisoning)

Policy statement

Rainbow Hub complies with the Food Hygiene Act 2006, to ensure all persons at Rainbow Hub are not affected by food hygiene issues. We will comply with these laws and adequate training will be provided. We maintain the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food.

Procedures

- The team has regular training in Basic Food and hygiene for food preparation and understand the principles of Hazard Analysis and Critical Control Point (HACCP) as it applies to us as a business. The basis for risk assessment as it applies to the purchase, storage, preparation and serving of food is to prevent growth of bacteria and food contamination.

Within the setting:

- Regular checks are carried out by staff on the kitchens to ensure standards are met consistently.
- 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.
- Colour coded chopping boards shall be used in the preparation of food: red for raw meat; blue for raw fish; yellow for cooked meat; green for salad and fruit; brown for vegetables.
- Colour coded cleaning equipment and products, (including mops, buckets, dustpan and brushes), shall be used for different areas: red for bodily fluids and high risk areas such as bathrooms/ toilets; blue for general low risk areas (excluding food areas); green for kitchen and food preparation areas.
- Packed lunches/snacks are stored in a cool place; un-refrigerated food is served within 4 hours of preparation at home.

- Food should be provided in a packed lunch/snack and it should be clearly labelled with the individual's full name and the date.
- Parents/carers should state if any foods need to be refrigerated, this is so it can be stored correctly.
- Food preparation areas are cleaned with an appropriate detergent and disinfectant before use as well as after use. Disposable paper towels/roll shall be used for cleaning.
- All surfaces are clean and non-porous.
- All utensils, crockery etc are clean and stored appropriately.
- Waste food is disposed of daily.
- Cleaning materials and other dangerous materials are stored out of children/vulnerable adult's reach.
- Beneficiaries do not have unsupervised access to the kitchen.
- When beneficiaries take part in cooking activities, they:
 - are supervised at all times;
 - understand the importance of hand washing and simple hygiene rules
 - do not have unsupervised access to hot surfaces, hot water, ovens and electrical equipment such as blenders etc.
- Hygiene checklists will be signed and used appropriately to ensure standards are met at all times.
- Animals are **NOT** allowed in any food preparation area.

Reporting 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 our 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 we will report the matter to Ofsted.

Author	Lyndsay Fahey
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