

**OSHN LTD / The Old School
House Snack and food policy.
And Packed lunch Policy**

Written 20/7/16
Reviewed 19/7/17
Review Date: 19/7/19

WE HAVE A NO NUT POLICY AT THIS SETTING - NO CHILDREN, OR ADULTS SHOULD SEND OR BRING FOOD CONTAINING NUTS TO THE SETTING. STAFF SHOULD WHO EAT NUTS - MUST WASH THEIR HANDS THOROUGHLY BEFORE RETURNING TO POST AFTER THEIR LUNCH BREAK.

IN THE EVENT THAT WE ARE NOTIFIED OF A CHILD IN ATTENDANCE WITH A SEVERE NUT ALLERGY - STAFF MAY BE ASKED TO NOT CONSUME NUTS DURING THE WORKING DAY.

Weaning - young children attending TOSH will be offered food appropriate to their development. We will offer them puree, progressing to lumpy food, some finger food and then onto chopped meals.

WE ARE UNABLE TO OFFER BABY LED WEANING AT THIS SETTING - but will provide the children with ample opportunity to try and explore new food types.

Children under the age of two years will **NOT** be offered

Raisins, crackers, apples, tomatoes or any other hard to chew foods which may cause a choking hazard.

If alternative foods are not available - you should immediately speak with Fiona, Millie or Sarah, who will arrange for suitable snack food to be provided.

At all times - Blueberries must be cut in half

Grapes should be quartered length ways.

Strawberries, must be cut in to appropriate long and narrow pieces.

Pears may be offered to under two year olds, only if they are soft and ripe.

If salad sticks are to be provided for under two year olds, cucumber must be peeled, carrots must be par-boiled (staff must clarify this).

If any staff member feels that food provided is not suitable, then they must make their concerns known to their room leader, who will discuss with Fiona, Millie or Sarah, who will take appropriate action.

Management will try to ensure that food is served up early enough for it to have cooled, but it **must** be checked before serving to make sure it is **cool** enough for the children to be served.

It is joint responsibility for all staff, Room leaders and all team members to be aware of allergies / food preferences and if necessary reinforce these to catering team / management.

Packed lunches / food brought from home.

If children bring their own food from home, then their key person **must** check that it is fit for purpose.

Confirm with parents that there are no nuts included and that it presents no extreme choking hazard.

All food which comes in from home, **must** immediately be stowed in a refrigerator - if for any reason food is left out of the refrigerator, then it may not be fed to the child and they should be offered a suitable alternative.

If food requires re-heating, it must be heated to a minimum of 75c and then allowed to cool until it is suitable to be eaten by a small child.

Cold Packed Lunches should provide a balanced meal, providing a variety of protein, fibre, calcium, carbohydrate and healthy fats. For ideas about what to feed young children and portion size please visit:

Nutrition Matters for the Early Years www.publichealth.hscni.net/publications