



Food & Nutrition Policy

We prepare snacks on the premises and the children bring their own packed lunch. As we are an outdoor setting we don't have access to refrigeration. Lunches are kept in the cabin away from direct sun and wildlife. Parents / carers are advised to include a cool pack in the packed lunch, and we will ensure food is consumed within 4 hours of arriving onsite.

Parents / carers are asked to provide cutlery for children; however, we will keep some spare disposable cutlery on site in case a child hasn't got any.

All staff have completed their level 2 in Food Hygiene.

Snacks given to the children contain no allergens and are brought onsite by the manager or deputy manager only (see allergies Policy). Any dietary restrictions will be identified during the first settling session one to one with your key worker.

Single use gloves must be worn when handling food.

We will provide information to parents / carers regarding portion sizes, healthy eating, packed lunch guide and advice to avoid choking on our website, notice board, Blossom and in our welcome information. We will also signpost parents / carers to where to get support for low-income families, such as NHS healthy start.

Staff will encourage independence and support children to open their own lunches and the packets within them. Staff will sit and eat with the children to model good behaviour and eating habits and how to open packets independently. They will also encourage conversation and socialisation over lunch time. Staff will be positioned around the table to enable them to see all the children's faces to look out for choking or adverse reactions. A first aider must always be present at mealtimes.

All small fruits and vegetables must be chopped such as grapes, blueberries, and cherry tomatoes, and all fruit should have pips and stones removed such as cherries, plums and apricots.

As per early years government guidelines, there are several foods that are considered a choking risk to children under 4. These include:

- Marshmallows
- Popcorn
- Sticky sweets (including gummies and Haribo)
- Hard candies
- Lollies
- Smarties or chocolate eggs
- Chocolate eggs with small toys inside

We are unable to accept any of these foods to hand out to the children and have a right to withhold them to avoid any risk of choking. If we do withhold products, we will give them back at collection.

All products must not contain any nuts as we are a **strictly nut-free** setting.

Food and Cakes Brought in From Home

We love celebrating birthdays and key life events with the children, and this often involves celebratory food being brought in from home. However, we often have children in the setting who have food allergies and / or dietary restrictions due to religion or personal values.

We have a duty of care to ensure the welfare of all the children as well as ensuring that we are inclusive of everyone despite dietary restrictions.

Therefore, we need to ensure the following:

- Any shop bought cakes and treats to be brought in in their original packaging which will include a full list of ingredients and allergens in bold.
- If homemade please include a full list of ingredients and be mindful of contaminants such as nuts when preparing food.

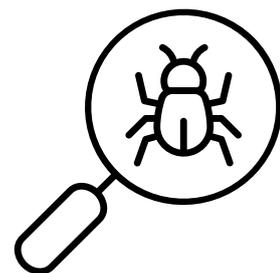
Please feel free to ask staff about any allergies or dietary restrictions on any given day if you wish to cater for / provide alternatives. Or feel free to give us prior warning for food being sent in and we can make sure that those children with dietary restrictions are able to join in the celebrations by providing an alternative.

For more information contact us:

T: 07950 709 042

E: wildexplorers1@outlook.com

Wild Explorers Forest School, Chester Road, Poynton



Reviewed by Jessica Timmins 05/11/24