



ROCKS AND PEBBLES LTD



Rocks and Pebbles Food and Drink Policy

Date: February 2020

Review Date: February 2021

Rocks and Pebbles Ltd is the trading name of Rocks and Pebbles. Limited registered in England and Wales.

Registration No: 6415435

Director: Kate Asaf

Food and Drink Policy

Rocks and Pebbles are committed to providing healthy, nutritious and tasty food and drinks for children during our sessions. The Manager and staff will make every effort to ensure that food and drink is safely prepared and sensitive to the dietary, religious and cultural requirements of all the children.

When providing food and drink, staff will be mindful of the provisions of the Hygiene policy so as to ensure that the safety of staff and children is paramount. In addition to these provisions, staff will be careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.

The Manager and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. The Club is registered with the local authority to provide food. All staff who either handle or prepare food have up to date Food Handling Certificates and are fully trained in food storage, preparation, cooking and food safety.

All staff preparing food will wear suitable over-clothing to reduce the risk of contamination. They will also follow the cleaning systems in place, which can be found on the kitchen wall, to further reduce contamination and ensures all areas are safe and clean for food preparation. Staff shall use the sink situated in the bathroom next to kitchen to thoroughly wash their hands before preparing food. The sink in the kitchen should be used solely for washing food and equipment. If a member of staff needs to wear a plaster during food preparation, a blue waterproof plaster should be worn.

Records of pest control monitoring can be obtained from the School Premises Officer.

Foods such as cooked meats, spreads etc, should be labelled when opened and detail the day of opening to ensure that foods are not used past the recommended use by dates. This is carried out by placing a sticky label on the packaging and writing the required information. Foods shall be kept at the required temperature and thermometer in the fridge unit will ensure this is maintained. Staff should check and record the thermometer temperature regularly and ensure the fridge is kept at 5oc or below.

As part of a child's settling in period, the Club requires that the parents and carers complete the Admissions Form, including information about any dietary requirements or allergies the child suffers from, along with their food and drink preferences. The Manager and staff will ensure that food and drink offered to children takes account of this information so as to safeguard their health, and meet- as far as possible- their particular preferences. Ingredients are checked fully to ensure they do not contain foods that should not be eaten e.g. some chicken roll contains dairy products which may not be suitable for all children.

Foods are generally obtained from Aldi supermarkets and Tesco online. The produce we obtain weekly are breads, cereals, dairy e.g milk, cheese, butter etc, cooked meats, juice, spreads etc.

Aldi Supermarket
Rushy Green
London
SE6 4JD
0800 042 0800

Tesco online
www.tesco.com
0800 323 4040

No child will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or reward.

Breakfast Club

At breakfast club, we serve both hot and cold food to ensure children have a wide selection of breakfast available. We do also need to balance this with ensuring that children are ready and arrive to their class on time. In order to maintain this, we do not serve any hot food after 8:30am. If a child arrives at breakfast club after 8:30am there will be a selection of cereals and fruit available to ensure there is still a breakfast option available after 8:30am.

Healthy Eating

Rocks and Pebbles recognise the importance of healthy eating and a balanced and nutritious diet. Because of this, the Club will endeavour to make a variety of foods available including; meat, vegetarian and vegan options, plenty of fruit and low fat and low sugary food. Sandwiches can be made with either brown or white bread, depending on a child's preference.

The Club will not regularly provide sweets for children and will avoid excessive amounts of fatty or sugary foods. The Club will provide a choice of non-sugary drinks and make sure that fresh water is available at all times.

Cultural and Religious diversity

Rocks and Pebbles and its staff are committed to embracing the cultural and religious diversity of the families who use our services. The Manager and staff will work with parents/carers to ensure that any particular dietary requirements are met. The club is also keen to help introduce children to different religious and cultural festivals and events through different types of food and drink.

This policy was adopted by: Rocks and Pebbles	Date: February 2020
To be reviewed: February 2021	Signed: