

D.P.S

Out of School Club

**Provision of Food and
Drink, Menu Planning
Policy**

PROVISION OF FOOD AND DRINK POLICY

PRINCIPLE

DPS Out of School Club is committed to promoting children's health and to encourage healthy eating habits.

POLICY STATEMENT OF INTENT

DPS Out of School Club aims to offer a high quality of service to the children in our care and their families. We recognise the need to encourage healthy eating habits from an early age and to help children to reach their full potential in terms of growth and development.

PROCEDURES

We promote healthy eating by providing snacks that are healthy and nutritious that will contribute to their health, growth and development.

Snacks

- A variety of healthy snacks which provide children with the energy and nutrients they need are provided daily.
- Fresh fruit / veg are offered daily.
- Fresh drinking water is available at all times.
- Children are encouraged to try different foods of their choice.
- Children are involved in snack planning through regular children's meetings and via our snack/cookery idea boards.

The social value of eating together is recognised and independence promoted.

- Children are able to choose their own snack and pour their own drink.
- They are involved in preparing their own snack, eg, buttering own toast, washing/cutting fruit, setting out plates/cups.
- Children are encouraged to tidy up, clear their plate and leave it up to be washed.

Special Dietary Needs / Allergies

- Parents need to inform us of any special dietary requirements or food allergies.

- Parents are encouraged to keep this information up to date which is also highlighted within the pupil information formed (completed each year.)
- Any special requirements or allergies will be known to all staff and displayed within the kitchen/snack preparation area.
- See attached list of Allergens as produced by Food Standards Agency.

Food Preparation

- At least one member of staff will hold a Level 2 Food Safety and Catering Certificate.
- All members will be encouraged to complete the training.
- All training received will be updated as necessary.
- Staff are aware of the food standards agency and their recommendations when preparing snacks.
- HACCP principles are applied where appropriate and the "Safe Catering" guide is followed.
- Snacks will be prepared in a clean and hygienic environment.
- Fruit and veg will be washed thoroughly and all food stored as required.
- Fridge temperature will be recorded daily.

Activities

- A healthy lifestyle is promoted through a variety of activities including active play both indoors and outdoors and through cookery sessions.

Menu planning

- Weekly snack plans are recorded and displayed for parents.
- A variety of healthy snacks are provided each day along with fresh drinking water.
- Children contribute to menu planning during children's meetings and by using our snack ideas page.

COVID-19 Infection Prevention and Control

To help stop the spread of Covid-19 snack time will operate differently. Snack will be served to the children. Good hygiene practices will be followed and encouraged, both children and staff will wash their hands before snack, after snack, if they touch their face or sneeze/cough into their hands. Staff will encourage social distancing and the number of children allowed in the snack room will be limited. Dishes will be washed thoroughly and hard surfaces including door handles and light switches will be cleaned frequently. Water fountains are not in use however, fresh drinking water will be available at all times.

14 Allergens

The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



1

Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



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Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



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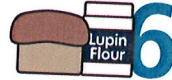
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Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



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Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews



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Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



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Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



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Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



14

For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

✉ Sign up to our allergy alerts on food.gov.uk/allergy-alerts, or follow #AllergyAlert on Twitter and

Facebook Let's keep connected at food.gov.uk/facebook

📺 Join our conversation @foodgov

📺 Watch us on food.gov.uk/youtube

Monitoring

This policy will be reviewed annually by the management team to ensure it remains fit for purpose.

This policy was adopted by DPS Out of School Club management team.

Signed: *D. Thompson*
(on behalf of the management team)

Position: *Chair person*

Date: *21.8/20*

Reviewed on:

Date: Signed:

Date: Signed:

Date: Signed: