



# FOREST VILLAGE KINDERGARTEN

## Food and Hygiene Healthy Eating Policy

At Forest Village Kindergarten children are provided with wholesome nutritious homemade meals. We also provide a range of healthy snacks and water and herbal tea for drinks. Those responsible for the preparation and handling of food must be competent to do so and have a valid food and hygiene certificate.

Children who have special diet requirements can usually be accommodated.

During meal times we promote and encourage good table manners. We make meal times an enjoyable experience and always eat with the children together. Children have to wash hands before mealtimes, coming from outside and after toileting.

Forest Village Kindergarten is a reduced salt and no refined sugar setting (only on special occasion we make exceptions). We are using only whole wheat pasta, rice, flour, cous cous for our meals. We have organic fruit and vegetables with or after meals. For snack time we have fruit and vegetables, yoghurt, raisins, breadsticks and rice cakes. Fresh water will be offered at all time.

Forest Village Kindergarten is aiming to have reduced to none plastic in our settings. We provide stainless age appropriate crockery and cutlery for eating meals. Glass cups for drinking. If you bring your own bottle we encourage you to bring stainless flask or glass bottle.

### Food Poisoning

If there is an outbreak of food poisoning affecting two or more children looked after on our premises we will notify Ofsted as soon as possible but in any case within 14 days of the incident occurring in order to comply with regulations

