

Sticky Fingers aspires to provide a safe, fun and welcoming environment for everyone. We offer children experiences to support their development, empowering them to reach their full potential



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Newlands  
% Newlands Primary School  
Windermere Avenue  
Millbrook  
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023 80764499  
07442379780

Sticky Fingers Pre-School  
Redbridge  
% Redbridge Primary school  
Studland Road  
Millbrook  
SO16-9BB  
02380 764717  
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Sticky Fingers Pre-school  
Tanners Brook  
% Regents Park Community  
centre  
Elmes Drive  
Millbrook  
SO15-4PF  
07871880785

Sticky Fingers Pre-school  
Spring road  
% 14th Itchen Scout hut  
Spring road  
Sholing  
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## 03 Food safety and nutrition procedures

### 03.3 Menu planning and nutrition

Snacks supplied for children provide a healthy and balanced diet for healthy growth and development. The setting follows dietary guidance to promote health and reduce risk of disease caused by unhealthy eating. When planning menus, the setting management ensure that:

- Our snack menu consists of a variety of fruits and vegetables and a selection of carbohydrates. The snack menu is run over a 2 week period.
- Menus reflect children's cultural backgrounds, religious restrictions and the food preferences of some ethnic groups.
- Menus are clearly displayed so that parents and staff know what is being provided.
- Parents must share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis.
- We display our allergy list including information about staff and children in the food area within the room and/or the food checklist folder, ensuring it is visible for all staff. In addition to this we display photos of children with severe allergies with information about symptoms and emergency procedures.
- Key persons regularly share information about the children's levels of appetite and enjoyment of food with parents.
- We will record what children have eaten during snack and lunch times for all 2 year olds and children who receive 1:1 support on their individual 'care diary' on Tapestry for parents to view or pass this information over to parents at the end of the session.
- Staff refer to the Eat Better, Start Better (Action for Children 2017).

#### **Packed lunches**

Where children have packed lunches, staff promote healthy eating, ensuring that parents are given advice and information about what is appropriate content for a child's lunch box.

Staff who are not handling food are able to sit and eat their own lunch at the table with the children, ensuring they are only eating healthy options when at the table to role model healthy eating. Any 'treat' items in their own lunchbox, including drinks will be eaten/drank away from the children.

Staff will add an ice pack to every child's lunch box or put the lunchbox in the fridge within their snack opening checks to ensure that contents remain cool.

Where staff suspect a food product may contain nuts, we follow our *03.06 Nut-Free policy* and procedures.