



# Meals, Snacks & Drinks

Children will be supported and encouraged to enjoy healthy snacks, meals & drinks.



Hand washing:

All adults who are preparing snacks, meals & drinks will wash their hands BEFORE preparation begins.

The children that are able will wash their hands in the hand sink before and after snacks and meals. Staff will ensure their group of children are supervised to wash hands correctly and are seated the table/snack area before handed over to another member of staff.

The babies who are not able to use the hand sink will have their hands cleaned with a disposable wipe.

Food:

- Aprons should be worn when supporting & serving the children with their meals & snacks.
- All food surfaces including the children's table should be clean and sanitized before use.
- The correct chopping boards will be used for preparation of food.
- Snacks that are stored in the fridge will be labeled and dated.
- All dietary requirements will be catered for.
- The meals delivered from the main kitchen will be core temperature checked and recorded.
- All food prep areas and eating areas will be cleaned and sanitized after the children have finished.
- Staff who are having a snack or breakfast must be seated with the children.

Drinks:

- All bottle feeds will be labeled with the child's name.
- Babies will not share bottles.
- Bottles made up with formula milk will be made according to the box instructions.
- Bottles will be heated by means of standing the bottle in hot water in a container. The microwave will not be used to warm the milk.
- Temperature of the warm milk will be checked by the adult pouring droplets onto the back of their hand to check that the milk is not overheated.
- Children and babies will not be left alone whilst feeding from a bottle. Staff will feed babies and use the time as bonding 1:1 time. Babies that want to hold their own bottle will be supported by a staff member.
- Bottles will be washed out with hot soapy water then rinsed in boiled water and returned to parents or stored at nursery.
- Bottles that need sterilizing will be sterilized with the nursery sterilizer or returned home if the bottle is not needed.
- Fresh water will be available and offered to both babies and children.
- Juice will not be given to babies or children from a bottle.
- Milk or water will be offered to children that are not bottle fed.

## Staff Drinks

- Staff will not help themselves to drinks in the kitchen area. The Floater will make drinks in the designated area.
- Staff will be brought or collect a drink either hot or cold to their classroom at the children's snack time.
- All hot drinks will be served in safety cups.
- The lids will not be removed at any time.
- Drinks should be kept out of reach of children and not on a shelf where it could fall or be knocked.
- Bambino staff will only access hot drinks behind the gates
- All canned energy & fizzy drinks are not allowed to be consumed in working hours – only at lunch breaks.
- Other drinks will be poured into a plastic beaker cup.

Reviewed June 25 – K. Addyman

Review Feb 26