

Cornerstone Nurseries
Policy Regarding Food, Drink & Allergies

Statement
Cornerstone Nurseries regard mealtimes and snacks as an important part of the day. Eating represents a social time for children and helps them to learn about being healthy.

Aim
At mealtimes and snack times, we aim to provide nutritious food, which meet the children's individual dietary needs. We aim to meet the full requirements of Ofsted's care standards on food and drink. One of Cornerstone Nurseries unique selling points is our homemade, healthy and nutritious food produced on the premises by our experienced cook.

Methods
- We record information about each child's dietary needs in his/her registration record.
- Before a child starts attending Cornerstone Nurseries we find out from parents/carers their children's dietary needs including any allergies or intolerances.
- We regularly consult with parents to ensure that our records are up to date.
- We display current information about individual children's dietary needs so that all staff are fully informed about them.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and parents/carers wishes.
- We display the menus of meals for the information of parents.
- We provide nutritious food at all mealtimes and snack times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We include foods from the diet of each of the children's cultural backgrounds where possible, providing children with familiar foods and introducing them to new ones.
- Through discussion with parents and research by staff, we obtain information about the dietary rules of religious groups and other belief systems to which children and their parents belong, and of vegetarians, vegans and about food allergies. We take account of this information in the provision of food and drinks.
- We require staff to show sensitivity in providing children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of his/her diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils which are appropriate for their ages and stage of development and which take into account the eating practices in their cultures.
- We have fresh water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- In accordance with parents wishes we offer children arriving early in the morning, and/or staying late, an appropriate meal or snack.
- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.

- We ask that parents not bring children into nursery with their own food from home for breakfast as we provide all food at the nursery for the children.
- At our Priestley Road setting, we provide breakfast from 7.30am - 8.45am every day, this consists of a selection of cereals and toast. We will cater for special requirements also.
- For children who drink milk, we provide whole pasteurised milk. We also supply plant milks as an alternative.
- Each child will receive a care diary via Tapestry to inform the parents about feeding routines, intake and preferences.

We use a traffic light warning system

- We use red placemats, plates and bowls at all meal and snack times for children with allergies and dietary needs and red bowls and plates for increased staff awareness.
- We use yellow placemats, plates and bowls at all mealtimes for children with a preference -preferences are only agreed with good enough reason e.g. if a doctor has told a parent to stay away from certain foods because they affect their eczema etc.
- Every child without any special dietary requirements will have a green placemat, plate and bowl.

Baby Weaning
In the baby room, children under 12 months are offered food which is pureed, textured or mashed. Once a child turns one year old, we encourage larger pieces of food and more finger foods. If any parents wish to have their baby's food served differently this can be discussed with the management team and then something in writing can be held in the child's file.

No Nuts Policy
The nursery operates a nut free policy, therefore all staff and children must not bring in nuts or nut products. This includes any sweets or chocolates given as gifts and any food brought in for staff packed lunches. In the event of this, all products containing nuts must be removed.
At Cornerstone Nurseries we endeavour to ensure that there are no nuts, nut traces or foods made in a factory that uses nuts in any of our food.

Allergies and Food Intolerances
New legislation (the EU Food Information for Consumers Regulation 1169/2011) requires food businesses to provide allergy information on food sold unpackaged. To ensure this is followed Cornerstone Nurseries list all allergens present clearly on our nursery menus.

Because of this legislation any staff member covering the kitchen must ensure that they follow the recipe and use the same ingredients as the usual nursery chef/cook. If there are any unforeseen changes to the menu or ingredients, the nursery Health and Safety Officer must be made aware of the full details so this can be cascaded to other staff members.

Children with allergies and food intolerances must be closely supervised at all times, they will always have a red placemat with their picture and allergy written on it and a red plate and bowl. Allergen stickers are added to the main dishes given to the rooms to ensure all staff are aware of what allergens are included in the food.
All staff, especially new staff must be made aware of the children's allergies on any action to

be taken. This should be reviewed and updated regularly. No food is to be given/served by agency staff and all other staff have to be 100% confident in knowing all the children's allergies and preferences before being allowed to serve food.

There must be a list of children and their allergies/intolerances displayed in each room. A comprehensive list is on display in the kitchen for the Chef/Cook. This information must be clearly displayed.

In cases where a reaction may be very severe there should be designated, qualified members of staff who attend to that child's dietary needs using colour coded utensils and crockery. All staff must be made aware of this and the reasons why. In all cases, the allergy or intolerance should be discussed with the child's parents/carers to ensure that everybody is working together in a way that benefits the child.

A written record of all food/drink that the child consumes must be kept and added to the child's care diary on tapestry at the end of their session. The manager must have regular updates with the parent/carer to ascertain that everybody is continuing to follow the correct procedures for the child.

All staff must be made aware of any care plans in place for a child with intolerances or allergies and the emergency procedure to be followed for each child as well as symptoms and administration of any medication.

Monthly updates are completed by the deputy to ensure all staff/rooms are fully updated and aware of all the children's dietary requirements.

We aim for all staff to have completed their food hygiene training which is regularly updated online.

Food Preferences

We do not cater for all children's food preferences at the nursery as we like to encourage all the children to try different varieties of food. We will cater for these if needed under medical advice e.g if certain foods' flare up a child's eczema etc or children whose families follow a particular diet due to their religious or ethical beliefs such as "no pork" or vegetarian/vegan.

Bottle Making procedure

Each child who requires formula milk during the day, needs to bring in daily empty sterilised bottles and formula milk powder. If required parents may bring in new & sealed containers of formula milk which the nursery can then store for up to 4 weeks once opened. If children are to be fed with bottles made up at nursery from scratch then the following procedure should be used (current NHS guidelines October 2014)

- **Step 1** Fill the kettle with at least 1 litre of fresh tap water (don't use water that has been boiled before).
- **Step 2** Boil the water. Then leave the water to cool for no more than 30 minutes, so that it remains at a temperature of at least 70C.
- **Step 3** Clear, clean and disinfect the surface you are going to use.
- **Step 4** It's very important that you wash your hands.
- **Step 5** If you are using a cold-water steriliser, shake off any excess solution from the bottle and the teat, or rinse the bottle with cooled boiled water from the kettle (not tap water).
- **Step 6** Stand the bottle on a clean surface.
- **Step 7** Keep the teat and cap on the upturned lid of the steriliser. Avoid putting them on the work surface.

- **Step 8** Follow the manufacturer's instructions and pour the amount of water you need into the bottle. Double check that the water level is correct. Always put the water in the bottle first, while it is still hot, before adding the powdered infant formula.
- **Step 9** Loosely fill the scoop with formula, according to the manufacturer's instructions, and level it off using either the flat edge of a clean, dry knife or the leveller provided. Different tins of formula come with different scoops. Make sure you only use the scoop that is enclosed with the powdered infant formula you are using.
- **Step 10** Holding the edge of the teat, put it on the bottle. Then screw the retaining ring onto the bottle.
- **Step 11** Cover the teat with the cap and shake the bottle until the powder is dissolved.
- **Step 12** It's important to cool the formula so it's not too hot to drink. Do this by holding the bottom half of the bottle under cold running water. Make sure the water does not touch the cap covering the teat.
- **Step 13** Test the temperature of the formula on the inside of your wrist before giving it to your baby. It should be body temperature, which means it should feel warm or cool, but not hot.
- **Step 14** If there is any made-up formula left after a feed, it can only be kept for up to 2 hours and then must be discarded.
- **Step 15** Bottles must be washed up after the feed using a bottle brush and then placed in the child's bag to go home.

Food must NEVER be added into a bottle feed as it is a choking hazard

If a child requires medication in the formula milk, such as Gaviscon powder, parents must pass over the medication information to the nursery and complete a medication form.

There is no option to opt out of this procedure - All bottles **MUST** be made up this way unless there is written permission from a hospital pediatrician detailing how and why the bottle making procedure needs to be altered.

If using premade formula it must arrive at the nursery inside its own sealed carton and not in the bottles. It can then be decanted into the bottle at feed times. All other bottle making procedures still apply.

If using Expressed Breast Milk then it can be stored in a named and dated sterilised container in the milk fridge, and then poured into a sterilised bottle. We ask that parents please do not bring in frozen breast milk. Defrosted breast milk is permitted. Any unused breast milk will be handed back to the parent at the end of their child's session for disposal as we do not keep expressed breast milk overnight.

We do have some children who require prescribed milk, we can keep this at the nursery in the same way as all other formula milk.

The nurseries will NEVER practice "Dream Feeding" - giving a child a bottle/milk whilst in bed/in a cot.

Incidents of Food poisoning

Where children and/or adults have been diagnosed by a GP or hospital doctor to be suffering from food poisoning and if it seems possible/likely that the source of the outbreak is within the setting, the Nursery Manager will contact the Environmental Health Department and the Health Protection Agency, to report the outbreak and will comply with any investigation.
Any confirmed cases of food poisoning affecting two or more children looked after on the premises are notified to Ofsted as soon as reasonably practicable.

Healthy Eating Practices

It is our aim as a setting to follow the EYFS nutrition guidance and to design our menus with this in mind reducing salt, sugar and pre-made foods.

Our nursery meals are healthy with plenty of fresh fruits and vegetables. We have healthier dessert options on our menus

On special occasions, such as but not limited to children's birthdays, we have a wooden birthday cake to allow us to sing with the children and celebrate. If parents wish to bring in something for the children to take home, we recommend stickers or bubbles rather than sweets or cake which we will be unable to distribute.

Staff meals, food and drink
It is the responsibility of employees to inform chefs, cooks or managerial staff of any dietary requirements, allergies and intolerances when ordering food for themselves for either work, events or social gatherings where necessary or requested.

Staff must not consume food or drink within the nursery classrooms. Food or drinks should not even be stored in these areas due to the risk of contamination, children's allergies and health and safety.

Staff may bring a bottle into the classrooms containing water or a non-transparent bottle containing squash and these drinks should be kept out of children's reach in the top cupboard or high shelving. Fizzy drinks and drinks containing milk products are not allowed in classrooms under any circumstances, cans and drinking glasses are also not permitted due to health and safety regulations.

Staff who flout these rules may be disciplined under the Disciplinary & Grievance Procedures.

Last amended 14/11/25 CJS Review annually