

Dietary requirement policy

*Please also refer to the Critical Care Plan Policy & Dietary food and drink policy

EYFS 2017 Safeguarding and Welfare Requirement: Health

*3.47. Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious. **Before a child is admitted to the setting the provider must also obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements.** Fresh drinking water must be available and accessible at all times. **Providers must record and act on information from parents and carers about a child's dietary needs.***

IMPORTANT NOTE – It is everyone's responsibility to check at all stages of the food preparation, plating and provision that it meets the dietary requirements of each child's individual care plan. Failure to carry out the appropriate checks and take personal responsibility for errors may result in serious illness or even a child fatality. Failure to follow this policy / procedure may result in disciplinary procedures being followed.

Procedures for children with allergies

When a child registers with Fennies Nurseries and is identified as having any medical condition or special dietary requirement a **Critical Care Plan and risk assessment** must be completed. Copies of the child's current Critical Care Plan documents must be stored in the Child's Critical Care Plan box within the room, the room Health and Safety folder, in the Nursery Managers Critical Care Plan folder and within the child's registration pack within the office. If the child is on a settling session in another room or the rooms have combined the child's Critical Care Plan Box must be placed in the room that they are based in.

- When children start at the setting we ask their parents if their child has any special dietary requirements, preferences and food allergies ~~that the child has~~, and any special health requirements. This is recorded on the Registration Form.
- All allergies and intolerances which are medically diagnosed or investigated must be supported by a medical report (or letter from a healthcare professional). On the rare occasion whereby, a child is subject to a first time reaction the setting will liaise with parents and medical professionals until an official diagnosis is made.
- If a child has an allergy, we complete a risk assessment form to detail the following:
 - The allergen (i.e. the substance, material or living creature the child is allergic to such as nuts, eggs, bee stings, cats etc).
 - The nature of the allergic reactions (e.g. anaphylactic shock reaction, including rash, reddening of skin, swelling, breathing problems etc).
 - What to do in case of allergic reactions, any medication used and how it is to be used (e.g. auto injector training).

- Control measures - such as how the child can be prevented from contact with the allergen.
- Review measures.
- This risk assessment form is kept in the child's personal file and a copy MUST be kept within a red clip board that should be referred to at every meal time (Dietary red clip board form)
- Generally, no nuts or nut products are used within the setting.
- Parents are made aware so that no nut or nut products are accidentally brought in - (refer to Food and Drink Policy on nursery policy on bringing food in from home)

In anticipation of the unlikely event that a child experiences their first allergic reaction in our care each nursery will store an emergency supply of anti-histamine (Piriton) in a lockable cabinet in the nursery office. Further information and guidance can be found in the 'Administering Medicines Procedure'.

Dietary requirements will be graded into three categories:

Grade 1 Food allergy and intolerance. An allergy can be a life threatening reaction intolerance could make the child feel ill or affect their long term health. If parents suspect either of these conditions this must be confirmed by a medical practitioner (or be in the process of assessment/ diagnosis)

Grade 2 Religious and cultural preferences: Some religions have specific dietary requirements that do not allow certain foods to be consumed. If it is agreed that we can meet the children's needs within the nursery then it is our duty to ensure that we do not compromise the families culture or beliefs. We will also include any children who are vegetarians and vegans in this category.

Grade 3 Parental Preferences: The EYFS requires settings to have effective systems in place to ensure that they meet the individual needs of the child. This includes giving due consideration to the wishes of the child's parents, and we will endeavour to take account of a child's likes and dislikes where possible. However we are not able to omit food groups or specific foods without written guidance from a medical practitioner to ensure the child is receiving a healthy balanced diet. Staff should discuss any preferences with parents to understand the reasons behind it, and if possible, to use knowledge from EYNP training/ nutrition professionals to encourage parents to remove any unnecessary restrictions. In the event of a conflict between the parent's wishes and the welfare requirements, the setting must put the safeguarding and best interests of the child as the priority. As children's palates and preferences change often, these will be reviewed regularly.

If a child is listed as grade 1 then they MUST be provided with a red place mat

If a child is listed as grade 2 then they MUST be provided with a yellow place mat

If a child is listed as grade 3 then they MUST be provided with a green place mat

Coloured place mats must be used to remind staff to check the clip board for reference. The relevant coloured place mat **MUST** be used for children with a grade 1, 2 or 3 at every meal.

We also operate a **red apron system** for those children listed as a grade 1. Children listed as grade 1 must have a member of staff who is wearing a disposable red apron, sit with them at all times. This member of staff must remain seated with the child/ren at all times until the end of the meal. If the person wearing the red apron requires any utensils or extra food they must request help from a colleague, and not leave the table.

At the start of every day the **Daily Dietary requirements form** **MUST** be completed in full and given to the chef/cook. The list will need to be pre-populated and the type of dietary requirement added. Staff will then confirm what meals the children will be needed and will add into the final list the amount of grade 1,2,3 and normal attending. This will also give the cook/chef the numbers for the day

All grade 1's will need to be plated separately and labelled, grade 2's must be plated separately and labelled unless the meal provided is suitable for them, for example, if the meal is vegetarian and the child is vegetarian there is no need to plate separately.

Grade 1 Dietary Requirements - Formula Milk Babies with a Grade 1 dietary requirement concerning their formula milk, including where this is added to cereal or baby rice, must have their bottles and formula milk clearly labelled (see Bottle Feeding Policy and Procedure) and a Critical Care Plan and risk assessment must be completed.

Responsibility for checking

The manager, deputy manager or person in charge of the nursery will check the food and sign it off before it leaves the kitchen and send to the room with the form. Once in the room the room leader or person in charge of the room will then check the food again and sign it off. Children with grade ones must be seated next to a suitably qualified member of staff. A member of staff seated with a grade 1 child must not leave the table until the lunch is finished.

Dietary Errors/Reactions

If a child has a reaction or requires any treatment to prevent or treat an allergic reaction then this **MUST** be given by a trained first aider or person trained to administer the medication.

In an emergency always call the ambulance before the parents.

Training

It is the Nursery Manager's responsibility to ensure that all staff are trained in the dietary requirements procedure before serving food, and this must be documented on their training record.

Food from home

Parents are not permitted to bring food from home. We need to be able to trace all food to point of source and be fully aware of all of the ingredients in our foods to support and protect children with allergies.

The only exception is birthday cakes, which must be shop bought, in date and be labelled to clearly show any allergens. Once the children have had their celebration with their friends, the cake is then to be left in the vicinity of the kitchen and parents are signposted to the kitchen to take a piece of cake for their children if they would like it.

Staff Food

Staff are not permitted to bring any of their own food or drink (except water) into the rooms, and must ensure that external food is out of sight from the children at all times (e.g. when passing through rooms to the staff room).

Internal use only

This policy was adopted on	Signed on behalf of the nursery	Date disseminated to staff	Date for review
<i>July 2019</i>			<i>July 2020</i>