

KTB Kids Nutrition Policy in association with Soil Association Food for Life Catering Award

Our promise to parents

- Our menus are based around food that is freshly prepared on site from unprocessed ingredients.
- Our food is free from controversial additives, trans-fats and genetically modified ingredients.
- We only serve food that exceeds basic UK Welfare standards.
- We incorporate organic ingredients into our menus every day.
- We champion local produce and local producers.
- Our emphasis is on serving an appetising and nutritious balance of good quality, freshly prepared foods.

At KTB Kids we have achieved the highest award from the soil association food for life award every year since 2015. This means we are able to show evidence through robust audit and inspection that we exceed the highest Catering Mark Standards which include evidencing that:

- Over 15% of our weekly food spend is on organic ingredients.
- More than 75% of our meals are freshly prepared from scratch.
- We purchase ethically, locally and healthily.
- Children are supported in making healthy choices.



KT B Kids nursery housekeeper – Mrs Murphy

This role of the nursery housekeeper at KTB Kids involves the preparation and cooking of the nursery meals on site using locally sourced produce. Inspectors for our food for life certification have quoted our impressive home cooking and commitment to cooking from scratch. We do not purchase cooked food for our nursery, all our meals, snacks and puddings are homemade daily including bread, baked beans and ice cream.

Mrs Murphy has been with our nursery since its opening year in 2014 and is an extremely well respected and important part of our team. This quote from a parent perfectly reflects Mrs Murphy's role within our setting:

"I absolutely love Mrs Murphy's and my child's bond. She is a proper gran to her that my child needs and actually doesn't have here. And oh ya, i made her a warm Ragi pudding and topped it with grapes and very sweetly pointing her finger to the pudding she asked me, "Did Mrs Murphy make this for me" (with her hands on her chest). I said yes, she said very tasty and she had most of it."

Reducing salt intake

It is important for health reasons to reduce salt from our menus. To actively do this we:

1. Ensure that over 80% of our meals are homemade thereby avoiding ready-made, tinned or packet soups, sauces & processed foods.
2. Never routinely add salt when cooking rice, vegetables, potatoes and pulses.
3. Use home-made stocks, spices and herbs to enhance the flavour of food.
4. Only offer low salt or unsalted savoury snacks.
5. Never add to a meal once cooked.



Providing food for all

Our nursery housekeeper and all educators at KTB Kids are aware of children's individual dietary requirements and where appropriate for example with any food allergy or intolerance a risk assessment is in place to ensure safety. Children's choices, beliefs and safety are always respected and protected.

Children's unique requirements are clearly displayed in the nursery kitchen and in the dining area.

Encouraging good eating habits

At KTB Kids we appreciate traditional family values and great importance is placed upon our communal mealtimes throughout the day. At these times the children come together and with our staff experience a positive, social time where quality homemade food is served and children are encouraged to make healthy choices. In addition to this several measures are taken to ensure children are positively encouraged to eat well:

1. Modelling to encourage positive eating

- Children always eat together around the communal dining table so we can encourage good eaters to act as positive role models for less confident eaters.
- Educators speak enthusiastically about the meals, ingredients and food in general throughout mealtimes.
- Children are always praised for trying something new.

2. Variation of foods to encourage new tastes

- Our menus are varied and reflect food from around the world with many different tastes and textures.
- Children are given regular and repeated chances to taste new foods.
- Children are involved in weekly baking so they appreciate where food comes from and develop a sense of ownership over what they eat.

3. Controlling portion size

- Children serve themselves and each other so plates are not overfilled and children come back for seconds and thirds.



- This method of serving at the table also reduces plate waste.

4. Surveys of menus

- Parents are asked to feedback on menus formally through our annual questionnaire
- Educators are asked to feedback on menus after every 3 menu cycles
- Children are asked which meals they like best and their voice can be heard through educators feedback on menus

Nursery educator training

KTB Kids all nursery educators should complete their level II food hygiene certificate to help ensure that they can support the children at mealtimes and assist our housekeeper in preparing snacks. All educators have a formal basic awareness of good hygiene and safety issues whilst meeting food industry regulations.

Baking in our upper nursery – with all children over 30 months

Regular baking in our upper nursery helps the children in a number of ways. Cooking is a science experiment. Too many eggs, not enough flour, or the wrong timing and the recipe just won't be the same. Cooking therefore provides an opportunity for children to get hands-on experience with basic science. Through these experiences we see self-confidence grow in the children and it lays the foundation for healthy eating habits.

In our nursery we have a 4-week cycle of baking that children in upper nursery are involved in. This routine supports children in increasing knowledge of healthy eating, food providence (seasonal eating), and further develops children's social emotional development, cognitive development, language development and physical development.

Through our baking activities the children in upper nursery will learn to:

- scrub vegetables and fruits
- wash vegetables and fruit
- carry items to the table
- measure dry ingredients
- pour liquids into batter
- crack open/breaking eggs
- beat eggs with an egg beater
- mix batter or other dry & wet ingredients together
- juice oranges, lemons & limes
- peel some fruits & vegetables
- press biscuit cutters
- mash soft fruits and vegetables
- spread butters or spreads
- cut soft foods with a knife (mushrooms, hard-boiled eggs)
- knead dough
- set the table
- serve foods
- put things in the bin after cooking or after a meal
- wipe up after cooking
- clear the table after a meal

The seasonal baking cycle at KT B Kids

Week 1: Bread

Week 2: Crumble

Week 3: Cake & biscuits

Week 4: Pastry

Bread, crumbles, cakes and pastries can be sweet or savoury and all our baking is influenced by the season, child choice and special days or events including cultural celebrations. It is important that we are flexible with the recipes, and through research we develop ideas and chances for the children to further

develop taste opportunities. However, for each week there is a starting point, and these take into consideration reducing sugar in sweet recipes with the ratio of sugar: flour 1:2. We also try to use promote the use of wholegrain flour in 50% of our recipes containing flour.

Bread Week

Bread is made using different kinds of flour and ingredients, that lend it a unique flavour. Along with flour and water, other ingredients like salt, butter, yeast and baking powder are used as part of the bread-making process. To add flavour spices, fruits, vegetables, seeds, herbs and sugar can be added. Normally wheat flour is used to make bread. However, different types of flour are also used to make it. The most common types of flour used include rye, barley, corn, oats, spiked millet, and sorghum. Examples of common breads are:

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|--------------------------|--------------------------|------------------------|-----------------|--------------------------|-------------------|
| Whole wheat bread | Brown bread | Sourdough bread | Ciabatta | Multi grain bread | Brioche |
| White bread | Roti (flat bread) | Baguette | Focaccia | Rye bread | Pita bread |

Crumble Week

A crumble is a dish of Irish origin that can be made in a sweet or savoury version, although the sweet version is much more common. The crumble is a crumbly mixture of butter, flour, oats and sugar for sweet or cheese for savoury. This is crumbled over the top of the filling and is then baked in an oven until the topping is crisp. For a **sweet filling** popular fruits include apple, blackberry, peach, rhubarb, gooseberry, and plum but it is important to reference the seasonal fruit and vegetable chart to select the freshest filling. Sugar should be added depending on the fruit. A combination of two or more of these fruits may be used. A **savoury version** uses meat, vegetables and sauce for the filling, with cheese replacing sugar in the crumble mix.

Cake & Biscuit Week

Children love baking cakes and biscuits and with the right recipe they can be nutritious too. We encourage children to be adventurous in their baking.



Ethical purchasing at KTB Kids

Eggs

At KTB Kids we aim to only bake or cook with Organic eggs as these offer the highest standards of animal welfare and nutritional value.

Fish

At KTB Kids we serve fish for our main meal on one day each week. We never serve fish that are on the Marine Conservation Society 'fish to avoid' list. All the fish we serve is fish certified sustainable by the Marine Stewardship Council.

Poultry, beef and lamb

At KTB Kids we aim to serve exclusively organic poultry because organic chicken have access to the outdoors with a more stimulating environment and are given more space in their shed which houses significantly fewer numbers of animals. We recognise the highest welfare standards and nutritional benefits are with Organic meat and we can claim with confidence that UK minimum standards on animal welfare are being exceeded in regular inspection that is traced back to the farm.

Pork

An estimated 60% of breeding sows and 93% of pigs reared for meat in the UK spend most or all of their life indoors, many on concrete. At KTB Kids we use suppliers that promote pork from pigs that are born outside and spend their entire lives outdoors in the fresh air, with freedom to roam in large paddocks. Organic ham is hard to source so this has been removed from our menu.



Organic dairy

At KT B Kids we only provide organic milk and where possible organic for all dairy products. This is because research has shown that organic milk provides increased nutritional benefits. Specifically, it has higher levels of an Omega-3 essential fatty acid (ALA, alpha-linolenic acid), vitamin E, vitamin A and antioxidants.

Fairtrade and ethical trade

At KT B Kids where possible we promote the use of Fairtrade products including our bananas and pineapples. This is because Fairtrade standards, as guaranteed by the Fairtrade Mark, ensure that disadvantaged producers in the developing world are getting a better deal.

Palm oil free

At KT B Kids we are vigilant to the extremely harmful impact on the environment that palm oil creates. We are aware that to keep up with the incredibly high demand for the cheaply produced oil, acres of rainforest are being cut down - leading to a loss of animal habitat for endangered species. In the past 16 years, according to research the quest for palm oil has led to the death of an estimated 100,000 orangutans, with other animals including elephants, rhinos and tigers are also at risk. We source products that only contain sustainable palm oil and always use cooking oils that are palm oil free. Sustainable palm oil is a movement to achieve responsible palm oil production practices by key players in the supply chain through developing and sharing a credible and verifiable benchmark, and creating and promoting innovations.

Seasonal menus

Our menus make use of in-season fruit and vegetables and where possible meats and fish too. This is because eating UK produce in season is one of the best ways to reduce our carbon footprint, by cutting out 'food miles' and avoiding energy-intensive heated glasshouses. Eating in-season means that our children are eating food at its best.

Menu planning at KTB Kids

To achieve accreditation from the soil association our menus demonstrate compliance with the national standards and early years guidelines on food and nutrition. At KTB Kids we ensure that the food and drink provided for children is balanced across each day and that children eat regularly.

We follow 6 steps for planning healthy meals:

1. All our meals and snacks are planned in advance to ensure they are balanced and include variety.
2. Our menus change each week taking into account the season, festivals, special days and feedback.
3. Each meal and snack is planned to meet the food and drink guidelines; eat better, start better.
4. Menus are planned to include a variety of foods, tastes, textures and colours.
5. Menus cater for the cultural and dietary needs of all the children in our care.
6. Our menus are displayed within our nursery and on our parents notice board and are emailed to parents each week.

Recommended servings of key food groups

For children attending KTB Kids from 07:00 – 18:00 we provide:

4 portions of starchy foods per day

- We provide a portion of starchy food as part of breakfast, lunch and tea each day
- We provide starchy food such as crackers, breadsticks and rice cakes as part of two snacks each day
- We provide at least 3 different types of starchy food across all breakfasts, all lunches, all snacks and all teas each week



- We provide a variety of wholegrain and white starchy foods as part of breakfast, lunch, tea and snacks each week
- We provide a combination of wholegrain and white starchy foods each week at breakfast, lunch, tea and snack
- We always choose cereals and recipes with the lowest sugar content

7 portions of fruit & vegetables daily

- We provide a portion of fresh fruit with breakfast daily
- We provide a portion of fresh fruit at morning and evening snack daily
- We provide at least one portion of vegetables as part of lunch each day
- We provide fruit most days for pudding either cooked or prepared in a fruit salad
- We provide at least one portion of fruit and vegetables at tea every day
- We provide a homemade fruit and vegetable smoothie daily at tea
- We provide a variety of vegetables and fruit across the week at lunch, tea and at snack
- We do not provide dried fruit as part of snacks

3 portions of dairy and dairy alternatives per day

- We offer milk with cereal at breakfast
- Fresh milk is served as a drink at morning snack and evening snack
- We have milk-based puddings or yogurt at lunch
- Our smoothie at tea may be milk based
- Cheese can be served with morning or evening snack

Beans, pulses, fish, eggs, meat and other proteins

- Food from this group provides a useful source of iron and zinc and are included as part of lunch every day
- A portion of beans, pulses, fish or eggs is provided for tea or snack every day
- We provide oily fish at least once every three weeks as part of lunch and tea.
- We are moving towards a more meat free menu for climate change, health and animal welfare reasons. We replace meat with a variety of protein sources such as pulses, eggs and meat alternatives including Quorn and Tofu. We do not use fish or cheese as an alternative to meat.

Food for life inspection report feedback

2019

Many thanks to Katie for her time and preparation at inspection. You demonstrated a very high standard of Gold Award at today's inspection - well done. Your commitment to ethical and sustainable purchasing is very apparent; you have done much to investigate where your ingredients come from and to purchase local Kent produce when available. You demonstrated a wide range of Making Healthy Eating Easy actions for the children in your care. It was a pleasure to observe both younger and older children enjoying lunch, serving themselves and being ably assisted by your nursery team. Your menu is very appealing and you encourage feedback from parents; a range of dietary requirements can be catered for. I particularly enjoyed hearing about (and watching Hayley deliver) one of your new cooking activities (Bread Baking Session)! Well done again on a very impressive inspection

2018

Many thanks to Katie for her time at inspection. KT B Kids have a clear commitment to Gold Food for Life standards for the children in their care. They offer a well-balanced daily menu that meets and often exceeds the voluntary guidelines for Early Years settings. An impressive 100% of their menu is freshly prepared from quality ingredients by Mrs Murphy, who's cooking is clearly enjoyed by the children. They offer organic meat and dairy alongside thoughtful seasonal purchasing of fruits and vegetables. Dishes looked visually appealing and smelled delicious; of particular note was the way children served themselves, eating from plates and using cutlery by 10 months of age. Cooking activities and the family recipe book – with plans for allotment growing – are great activities to develop positive connections with food. Well done on a very impressive inspection and for achieving substantially more points than the 300+ required at Gold!



Parent feedback and moving forward

- We pride ourselves on the quality of the food that we provide for the children in our care. As part of our continuing improvement plan we are continuously looking for feedback to improve our menus further.
- We use our annual inspection from the soil association to ensure that our menu are reflective of current best practice in ethical healthy catering and we will adapt our practice to meet these requirements as they change with further developments in this area.
- Each day the nursery team and our nursery housekeeper will take note of how well the food served is received by our children. We will change the recipes if required, or omit dishes from the menu if necessary.
- We also value feedback from parents, if you would like to talk about our menus then we would encourage you to speak to us at your convenience by phone, email or face to face.

This policy will be reviewed and updated annually. It is due for review in April 2020.