

## Infant Feeding

At Raised In we believe that eating should be a social experience enjoyed by all. It should also be a healthy experience and to meet this aim, we supply nutritionally balanced food.

During their nursery sessions, children are offered food at snack time and receive lunch and tea. Alternative meals can be supplied to suit dietary needs and/or requirements.

Babies and children are encouraged to eat and drink in a calm, stress-free atmosphere. They are encouraged to try foods offered but **never** forced. Children are supported to develop their independence at mealtimes but are offered support when required. Water or milk is offered with all snacks and meals. NB cow's milk is never given to children under the age of one unless written permission has been given by the child's parent/carer.

All team members thoroughly wash their hands before preparing or handling any food or drinks. Children also wash their hands before snack/mealtimes and have their hands and face washed after mealtime, each child using a clean cloth.

Children aged one and over should not require a sterilised bottle. If a child still requires a sterilised bottle, we request the parent to supply a suitable number of sterilised bottles in their child's bag clearly labelled for the day.

### Procedure for the preparation and storage of Infant formula:

We do not store any pre-made formula on site due to it becoming less sterile the longer it is stored. We, therefore, ask parents/carers to bring in the formula powder to enable us to prepare the formula feed on-site using the below procedure.

- Wash hands and clean the surface.
- Retrieve the bottle from the child's bag, pour the appropriate amount of **boiled water** into the bottle and leave to cool for no more than 30 minutes (70 degrees).
- Add one scoop of formula powder per 100ml/fluid oz of water and shake well.
- Formula milk will last up to two hours and must never be reheated.
- Wash hands before feeding the child.
- We ensure that a child is never forced to have a bottle or to finish a bottle.
- When finished put the child's bottle back into their bag ready to take home.

**Formula milk can only be used until four weeks from opening, the milk container should be labelled with what date the formula was opened and given back to the parents after expiration. We do not accept opened tins of formula so ask that parents/carers bring in a new tin of unopened formula.**

### **The use of prep machines**

We follow both NHS and Food Standard Agency advice which does not recommend the use of prep machines because they deliver a small volume of hot water which is not a sufficient temperature to kill the bacteria in the formula milk.

### **Breastfeeding**

At Raised In we support parents who are breastfeeding and offer a comfortable area to feed their child as part of their daily routine. We can also store breast milk in the fridge, clearly named and dated. If Breast milk is frozen it should be defrosted slowly in the fridge or if needed sooner defrosted using a jug of warm water. Warm water should also be used if the baby prefers the breast milk warm. A microwave should never be used as this can cause hot spots which can burn the child's mouth.

Once the baby has started drinking the breast milk it should be used within one hour.

### **Allergies and dietary requirements**

Raised In requires parents/carers to discuss any allergies or dietary requirements. This enables Educators to discuss who may require support within the nursery and if any further measures need to be put in place. A dietary sheet should be completed to ensure that team members are aware of the child's dietary requirements, any signs of an allergic reaction and what to do in the case of a reaction. Where a child has a severe allergy, an additional risk assessment will be carried out with the parents and appropriate adjustments will be made.

Raised In will inform the third-party caterer/food supplier of any allergies and dietary requirements so that they know to adjust meals accordingly to suit the child's Individual needs.

**Signed:** Nicola Brimble

**Date:** 05 December 2023

**Review Date:** December 2024

**This policy links to:** Food Preparation Policy and Parents as Partners Policy