**1.9.3 Nutrition and Diet and Catering**

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**England**

* [**Regulation 7: The children’s wishes and feelings standard**](http://www.legislation.gov.uk/en/uksi/2015/541/regulation/7/made)
* **Regulation 10: The Health and Well-being standard**
* [**Guide to the children’s wishes and feelings standard**](http://onrezume.org/Guides/Guide%20to%20the%20childrens%20views%2C%20wishes%20and%20feelings%20standard.pdf)

**Wales**

* [**Standard 16: Provision and Preparation of Meals**](http://cssiw.org.uk/docs/cssiw/general/131009nmschildhomesen.pdf)
* [**Regulation 13: Food provided for children**](http://www.legislation.gov.uk/wsi/2002/327/regulation/13/made)
* [**Regulation 20: Health needs of children**](http://www.legislation.gov.uk/wsi/2002/327/regulation/20/made)
* [**Regulation 30: Fitness of premises**](http://www.legislation.gov.uk/wsi/2002/327/regulation/30/made)
* [**Social Services and Well-being (Wales) Act 2014**](http://www.legislation.gov.uk/anaw/2014/4/pdfs/anaw_20140004_en.pdf)
* **Regulation 21 – Standards of care and support overarching guidance**
* **Regulation 56: Hygiene and Infection control**

**1. Planning Menus**

Children must be provided three meals per day, at least one of which must be cooked. The timing of meals must be set out in the [**Children's Guide**](http://www.proceduresonline.com/resources/keywords_online/nat_key/keywords/childrens_guide.html).

Menus must be prepared in consultation with children, taking account of their needs are requirements. If children have any special dietary needs or disorders they must be accounted for.

When planning menus, account should be taken to seasonal variations and the food provided should be suitably and properly prepared, nutritious and in adequate quantity.

If children are involved in preparing their own meals this should be planned and recorded as part of their [**Placement Plan**](http://www.proceduresonline.com/brynmelyn/local%20keywords/placement_plan.html).

Any food allergies or eating disorders must be identified and menus planned accordingly.

A record should be kept of meals or food consumed.

**2. Purchasing of Food and Supplies**

As far as possible, goods should be purchased in a planned way, which reflects normal domestic arrangements, and which involves the children in normal everyday shopping experiences.

**3. Storage of Food**

Food should be kept in appropriate stores or cupboards:

Use-by dates should be monitored, and no food should be kept past the use by date.

Where food is transferred from a container or package, for convenience of use, the date of transfer should be recorded on a label on the smaller container, and the use by date also recorded.

**4. Temperature Recording**

The temperature of the fridge and freezer should be recorded at a broadly similar time each day and the temperatures should be recorded; any significant discrepancy in temperature should be investigated.

**5. Preparation of Food**

Food should be prepared in accordance with Environmental Health Regulations.

**6. Presentation**

When planning the menu, all staff should give consideration to the colour and texture of the food to ensure the meal is well presented and appetising for the residents.

Where appropriate, food should be presented to the residents in serving dishes.

Meals should be observed by the manager or senior member of staff on duty, ensuring that mealtimes are unhurried and residents are given enough time to eat and socialise.

**7. Drinks and Snacks**

Hot and cold drinks should be available for residents at all times and offered regularly. A snack meal should be offered in the evening so that the interval between supper and breakfast is no more than twelve hours.

**8. Special Dietary Requirements**

Staff should plan menus to meet the special dietary, religious and cultural requirements of the residents, and a record kept.

**9. Records**

A record of children's choice and consumption of meals should be kept by the home. Where children have eating disorders, all food consumed must be recorded.

**10. Training**

All staff should receive appropriate training on food safety and basic food hygiene principles.

Where appropriate the residents may also be able to attend this training.

**11. Waste Handling**

The storage and disposal of waste should be carried out in accordance with the requirements of Environmental Health Regulations.

**12. Cleaning**

Cleaning of the kitchen and utensils should take place after every meal.

A full and deep kitchen clean should take place at a minimum of weekly.

The cleanliness of the kitchen, utensils and appliances will be verified at each staff handover.

**End**