

General Welfare Requirement: Suitable premises, environment and equipment

Outdoor and indoor spaces, furniture and toys must be safe and suitable for their purpose.



Health and Safety

Healthy Food and Drink Policy

Policy statement

We regard snack and meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. Encouraging children to eat well and learn about food in their early years not only protects their health when they are young, but also sets the foundations for their future health and wellbeing.

We have fresh fruit and vegetables and a small carbohydrate item that we offer for snack along with milk, oat milk or water to drink. On our Registration Form, Permissions and Consent Form and during the settling in process, we obtain information from parents and carers on any special dietary requirements, allergies, intolerances and preferences. If a child has any special requirements, their snack name card will be red as well as the information being recorded and displayed on a wall in the kitchen. **We are a nut free setting.**

We also bake and cook a variety of food with the children as part of their learning and development. At lunch time, children have a packed lunch that their parents/carers have provided. We maintain good hygiene standards regarding the purchase, storage, preparation and serving of food. We are registered as a food provider with the local authority Environmental Health Department and have a rating of 5 (September 2018).

7 Key features of effective practice

The best for every child	High quality care	The Curriculum	Pedagogy	Assessment	Self-regulation and executive function	Partnership with Parents
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1007446/6.7534_DfE_Development_Matters_Report_and_illustrations_web_2_.pdf						

Procedures

We follow these procedures to promote healthy eating in our setting.

- We display current information about individual children's dietary needs in the kitchen and on the children's snack cards, so that all staff and volunteers are fully informed about them.
- We have information freely available for parents of all the common ingredients we use daily.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We offer alternatives to dairy and gluten intolerant children.
- We offer a variety of foods at snack time to include a range of nutritional benefits, primarily fruit, vegetables, bread and crackers.
- We encourage healthy packed lunches to be provided for children and provide information to parents through posters displayed and a 'Healthy Eating week'.
- We encourage packed lunches to contain a variety of foods from food groups Carbohydrates, Fruit & Vegetables, Proteins and Dairy/ Alternatives and to minimise on sugar filled foods.
- We bake with the children – cakes, biscuits, bread etc, to eat at snack time. This teaches the children about healthy food, and improves mathematical skills, communication and language and motor skills.
- We include foods from different cultures, providing children with familiar foods and introducing new ones.
- We are vigilant where we have a child who has a known allergy to nuts and we are a nut free zone.
- We take into account dietary rules of religious groups to which children and their parents belong, of vegetarians, vegan food allergies/ intolerances and provide accordingly.
- All staff show sensitivity in providing for 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 her/ his diet or allergy.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- Parents are requested to provide filled water bottles on a daily basis for their child. They have free access to their bottles and staff encourage the children to drink. We provide water or milk for a child if they do not have their own bottle.

- For children who drink milk, we provide semi skimmed pasteurised milk as advised by Cool Milk (who provide our milk) as it contains the same amount of calcium as whole milk but less fat.
- Before a child is admitted to the setting we will obtain information about any special dietary requirements, preference, food allergies and intolerances that the child has, and any special requirements. This will be shared with all staff (verbally and a list to refer to, kept in the kitchen in preparing and handing out food. At each mealtime we must be check that all food being provided meet all the requirements for each child.
- We will have ongoing discussions with parents/carers where appropriate, health professionals to develop allergy action plans for managing any known allergies and intolerances. This information will be kept up to date and shared with all staff. It may be helpful to refer to the BSACI ALLERGY ACTION PLAN. All staff will be made aware of symptoms and treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop them at any time, espically during the introduction of solid foods which is sometimes called complementary feeding or weaning. It may be useful to refer to the NHS advice on food allergies :Food allergy – NHS(www.nhs.uk) and treatment of anaphylaxis : Anaphylaxis – NHS(www.nhs.uk)
- We will prepare food in a way to prevent choking. This guidance on food safety for young children : Food safety – Help for early years providers – GOV.UK(education.gov.uk) includes advice of food and drink to avoid, how to reduce the risk of choking and links to other useful resources for early years settings.
- Babies and young children should be seated safely in a highchair or appropriate sized low chair while eating. Where possible there should be a designated eating space where distractions are minimized.
- Children will always withing sight and hearing of a member of staff whilst eating. Choking can be completely silent therefore it is important for staff to be alert when a child may be starting to choke. Where possible staff should sit facing children whilst they eat so that they can make sure children are eating in a way to prevent choking and so can they can prevent food sharing and be aware of any unexpected allergic reactions.

If a child experiences a choking incident that requires intervention, we will record details of where and how the child choked and make parents/carers aware. The records will be reviewed periodically to identify if there are trends or common features of incidents that could be addressed to reduce the risk of choking. Appropriate action will be taken to address any identified concerns.

Packed lunches

Children who have lunch with us bring their own packed lunch. In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

We inform parents of our policy on healthy eating and signpost them to Eat Better, Start Better to help them make healthy choices. (We reserve the right to speak to the parents about the unsuitability of food types.) We provide children bringing packed lunches with plates, cups and cutlery if required. We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

Food Hygiene

- All staff are involved in the preparation and handling of food and have a sound knowledge of basic food hygiene. Staff have received Food hygiene training.
- The person responsible for food preparation carries out daily opening and closing checks on the kitchen to ensure standards are met consistently. A senior member of staff also checks the kitchen daily.
- We use reliable suppliers for the food we purchase.
- Food is stored at correct temperatures and is checked to ensure it is in-date and not subject to contamination by pests, rodents or mould. Fridge temperature is checked daily.
- Packed lunches are stored in a cool place and are eaten at midday so that un-refrigerated food is served to children within 4 hours of preparation at home.
- Food preparation areas are cleaned before use as well as after use.
- All surfaces are clean.
- All utensils are clean and stored appropriately.
- Waste food is disposed of daily.
- Cleaning materials and other dangerous materials are stored out of children's reach.
- Children do not have unsupervised access to the kitchen.
- When children take part in cooking activities, they:
 - are supervised at all times
 - understand the importance of hand washing and simple hygiene rules
 - are kept away from hot surfaces and hot water
 - do not have unsupervised access to electrical equipment such as blenders etc.
- We have a written risk assessment for children in the kitchen

Reporting of food poisoning

Where children and/or adults have been diagnosed by a GP or hospital doctor to be suffering from food poisoning and where it seems possible that the source of the outbreak is within our setting, the manager will contact the Environmental Health Department, The Health Protection Agency and Ofsted, to report the outbreak and will comply with any investigation. Ofsted must be informed within **14 days** of the reported incident.

Further guidance:

Eat Better, Start Better Campaign

Guide to the Voluntary Food and Drink Guidelines for Early Years Settings in England

<https://www.actionforchildren.org.uk/resources-and-publications/information-guides/eat-better-start-better/>

Dental Hygiene

We talk to the children about dental hygiene, teaching them about the importance of teeth brushing through the use of books, large tooth models and large toothbrushes and dental mirrors. We also invite a dental hygienist in to talk to the children about oral hygiene.

This Policy was reviewed by	Paige Merrick
Adopted by	Mayfield Pre-School
Date	August 2025
Review Date	August 2026

Review Log

Review Date	Brief Details of Amendments	Amended By	Agreed By
May 2025	Name Change	Paige Merrick	Mayfield Pre-School
August 2025	Safeguarding Reforms (marked in red)	Paige Merrick	Mayfield Pre School