**03 Food safety and nutrition policy**

# Alongside associated procedures in 03.1-03.2 Food safety and nutrition, this policy was adopted by *Hersden Under 5’s Project* on *3rd October 2023*.

# Aim

Our setting is a suitable, clean, and safe place for children to be cared for, where they can grow and learn. We meet all statutory requirements for food safety and fulfil the criteria for meeting the relevant Early Years Foundation Stage Safeguarding and Welfare requirements.

###### Objectives

* We recognise that we have a corporate responsibility and duty of care for those who work in and receive a service from our provision, but individual employees and service users also have responsibility for ensuring their own safety as well as that of others. Risk assessment is the key means through which this is achieved.
* This setting regards snack and mealtimes as an important part of each day. Eating represents a social time for children and adults and helps children to learn about healthy eating.
* At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We meet the specific legal requirements and have regard to the statutory guidance regarding food and drink, as set out in the Welfare Requirements in The Statutory Framework for the Early Years Foundation Stage (2021), and comply with the Food Standards Agency guidelines.

**Methods**

* Staff involved in food preparation and serving have received training in food hygiene.
* We maintain a consistently high food hygiene rating.
* Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies.
* We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
* We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up to date. Parents sign the updated record to signify that it is correct.
* We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
* We display allergen information about all the food that is served within the pre-school.
* 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 ask parents/carers to help us by contributing fruit and vegetables for snack.
* We organise meal and snack times so that they are social occasions.
* We use meal and snack times to help children to develop independence through making choices, preparing and serving food and drink.
* We are aware of choking hazards for young children and ensure food id prepared following guidance to minimise the risk of choking.
* We have fresh drinking water constantly available for the children in a water dispenser that is located in the playroom. Children are shown how to use the machine and can access it at any time they wish to.
* We inform parents who provide food or drink for their children about the storage facilities available in the setting.
* In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another.
* For children who drink milk, we provide semi-skimmed pasteurised milk.

*Packed lunches*

When children bring packed lunches we:

* Ask parents to provide an ice-pack to keep lunches fresh, if this is not done, we place the lunch box in the refrigerator or insert an ice-pack;
* inform parents of our policy on healthy eating;
* encourage parents/carers to provide healthy food and drink for lunch for their child.
* provide parents with guidance about how to minimise the risk of choking and expect them to follow this.
* if a child has food which is a choking hazard in their lunch box, we do not allow them to eat this, and it will be sent home, with advice to parents.
* discourage packed lunch contents that consist largely of crisps, processed foods, and sweet products such as, chocolate, cakes and biscuits. We reserve the right to return this food to the parent as a last resort;

We ensure staff sit with children while they eat their lunch, so that the mealtime is a social occasion.

**Legal references**

Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs.

Food Information Regulations 2014

The Childcare Act 2006