Tring Stepping Stones Pre-School

**Food safety and nutrition policy**

# **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.

Procedures

* We ensure that children are supervised at mealtimes and that children are within sight and hearing of a member of staff.

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

 on the child's first session 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 implement systems to ensure that children receive only food and drink that is consistent with their dietary needs as well as their parents' wishes. To assist us with this, there is a photograph on the staff information board in the kitchen of each child who has an allergy along with details of the allergy and foods that they should not eat. A second copy of the photograph and information is also added to the snack tray which goes to the table where the child is sitting. This enables staff preparing and serving food to see at a glance any dietary requirements for each child.

 We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.

 We include a variety of foods from at least two of the four main food groups:

 dairy foods;

 fruit and vegetables.

 We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.

 We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts. However, we cannot always guarantee a nut free environment.

 Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.

 We require staff to 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 organise meal and snack times so that they are social occasions in which children and staff participate.

 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.

 We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water so that they know they can access it any time during the day.

 We inform parents who provide food for their children about the storage facilities available in the setting.

 In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

 For children who drink milk, we provide semi skimmed pasteurised milk.

* Preschool will notify Ofsted as soon as reasonably practicable of any confirmed cases of food poisoning affecting two or more children looked after on the premises, and always within 14 days of the incident.
* We discourage parents sending in food within their bags which hang on pegs in the main hall just in case the other children access the food during the morning. If parents need to send in food for after preschool, we ask them to hand the bag containing the food in to a member of staff so it can be placed in the kitchen.

*Packed lunches*

When children attend our lunch clubs after pre-school, we:

 recommend an ice-pack be included as we do not have the facilities to refrigerate all lunches

 inform parents of our policy on healthy eating;

encourage parents to provide sandwiches with a healthy filling, fruit, and milk-based deserts such as yoghurt or crème fraiche. We discourage sweet drinks and can provide children with water or milk if asked to.

* Discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;
* We also inform parents if we have any allergies in preschool, this is to try and avoid them bringing in the wrong foods, (where possible) i.e. an egg allergy. We would advise all children at lunch club not to have egg sandwiches.

 staff sit with children to eat their lunch so that the mealtime is a social occasion.

**Legal framework**

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

**Further guidance**

*Safer Food Better Business* for Caterers (Food Standards Agency)

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| This policy was adopted at a meeting of | Tring Stepping Stones Pre-school |  |
| Held on |  |  |
| Date to be reviewed |  |  |
| Signed on behalf of the management committee |  |  |
| Name of signatory |  |  |
| Role of signatory (e.g. chair/owner) |  |  |

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June 2022- took out 1 hour visit

October 2023 – amended staff names

December 2024- Changed the name of the policy and some of the wording in opening paragraph, added the statement “We ensure that children are supervised at mealtimes and that children are within sight and hearing of a member of staff.”