



Food and Drink

Policy statement

Bradpole Pre-school regards snack 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 using age-appropriate resources and materials. At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures

We follow these procedures to promote healthy eating, managing allergies and dietary intolerances at Bradpole Pre-school. This policy should be used in conjunction with other preschool policies including the medicine policy, health and COSHH policy and first aid policy.

- Before a child starts to attend pre-school, we ask their parents about their dietary needs and preferences, including any allergies and intolerances.
- We record information about each child's dietary needs in the Registration Form and parents sign the form 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 and staff dietary needs so that all staff and volunteers are fully informed about them. This information is available to all staff on the inside kitchen cupboard door.
- Children with dietary needs or allergies are required to complete a separate detailed care form including details signs and symptoms and action required in an emergency.
- Staff with a dietary intolerance or an allergy are requirement to complete and keep up to date and medical plan.
- All staff are aware and have first aid training of how to administer lifesaving epi-pens and anti-histamines.
- We display the menus of snacks for parents to view. The snack menu is the same for each term and the information in the terms newsletter
- 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. After consultation



with parents we offer toast or cereal at 9.30 am snack, in case children have not had breakfast or eaten it very early. Afternoon snack is usually fruit, breadsticks or oat cakes, or health muffins the children have cooked earlier.

- 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
- 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, as well as 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 snack times so that they are social occasions in which children and staff participate
- We use 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 have a water machine which children can access at any time during the day
- We inform parents who provide food for their children about the storage facilities available in the setting and encourage parents to use cold packs in warm weather
- We give parents who provide food for their children information about suitable containers for food
- To protect children with food allergies, we discourage children from sharing and swapping their food with one another. Also, we comply with the Food Allergens Regulations (2014). A list of possible allergens within the food, which we provide for children at snack times or any food related activities (i.e. cooking and food tasting) is available to parent on request
- For children who drink milk, we provide semi skimmed milk and for those with allergies we provide oat milk.



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Lunch Club

- We encourage parents to provide sandwiches that contain a healthy filling, fruit, and milk-based desserts, such as yoghurt or crème fraîche. We discourage sweet drinks and can provide children with milk or water .
- When children start at the pre-school, the parents are given a leaflet concerning healthy lunch boxes and portion sizes
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We ensure that staff sit with the children to eat their lunch so that the mealtime is a social occasion

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and the Council on the Hygiene of Foodstuffs
- Food Allergens Regulations (December 2014)

Further guidance

- Safer Food, Better Business (Food Standards Agency 2011)
- Food standards agency website: www.food.gov.uk



Food Hygiene

(Including the procedure for reporting food poisoning)

Policy statement

Bradpole Preschool provides and serves snacks for children on the following basis:

- We maintain the highest possible food hygiene standards concerning the purchase, storage, preparation and serving of food

Procedures

- The person in charge and the person responsible for food preparation understands the principles of Hazard Analysis and Critical Control Point (HACCP) as it applies to the preschool
- These procedures are set out in Safer Food, Better Business (Food Standards Agency 2011). The basis for this is risk assessment of the purchase, storage, preparation and serving of food to prevent the growth of bacteria and food contamination
- All staff follow the guidelines of Safer Food, Better Business
- All staff involved in the preparation and handling of food have received training in food hygiene
- The person responsible for food preparation and serving carries out daily opening and closing checks in the kitchen to ensure standards are met consistently. (See Safer Food, Better Business.)
- 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
- Packed lunches are stored in a cool place; parents are asked to put cool packs in their child's lunch box and the unrefrigerated food are served to children within 4 hours of preparation at home
- Food preparation areas are cleaned before use as well as after use
- There are separate facilities for hand-washing and for washing up
- All surfaces are clean and non-porous
- All utensils, crockery, etc. are cleaned in a dishwasher and stored appropriately
- The waste food is disposed of daily



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- 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; and do not have unsupervised access to electrical equipment, such as blenders, etc

Reporting of food poisoning

- Food poisoning can occur for many reasons; not all cases of sickness or diarrhoea are as a result of food poisoning and not all cases of sickness or diarrhoea are reportable
- Where children and 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 the setting, the manager will contact the Environmental Health Department to report the outbreak and will comply with any investigation
- Any confirmed cases of food poisoning affecting two or more children looked after on the premises are notified to Ofsted as soon as reasonably practicable, and always within 14 days of the incident

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and the Council on the Hygiene of Foodstuffs

Further guidance

- Safer Food Better Business (Food Standards Agency 2011)



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This policy was updated at a meeting of: The Committee of Bradpole Preschool

Held during the Autumn Term 2023

Date to be reviewed: Autumn Term 2024