



## **Food and Drink Policy and Food Hygiene Policy**

### **Food and Drink policy**

#### **Policy Statement**

Bradpole Preschool regards snack and mealtimes as an important part of the day. These occasions provide valuable opportunities for social interaction and support children's understanding of healthy eating.

We are committed to promoting healthy lifestyles through age-appropriate experiences and by providing nutritious food that meets children's individual dietary needs.

#### **Procedures**

##### **Dietary Needs and Allergies**

- Prior to a child starting at preschool, parents and carers are asked to provide detailed information about dietary needs, preferences, allergies, and intolerances.
- This information is recorded on registration forms and signed by parents/carers to confirm accuracy.
- Dietary information is reviewed regularly and updated as required, with parent/carer confirmation.
- Relevant dietary information is clearly displayed for staff inside the kitchen cupboard door and on the snack register, to ensure all staff and volunteers are informed.
- Children with allergies or specific dietary needs have an individual care plan detailing symptoms and required actions in an emergency.
- Staff with allergies or intolerances complete and maintain their own medical plans.
- All staff hold paediatric first aid training, including the administration of emergency medication such as EpiPens and antihistamines.

##### **Provision of Food and Drink**

- We ensure all food and drink provided meets children's dietary requirements.
- Snacks are nutritious and balanced, avoiding excessive sugar, salt, saturated fats, and artificial additives.
- We gather information through discussions with parents and research carried out by staff about the dietary requirements of children and their families, including those relating to religious beliefs, vegetarian and vegan preferences, and food allergies. We ensure that this information is taken into account when providing food and drinks.
- We do not provide foods containing nuts or nut products and remain vigilant regarding potential allergens.
- Our staff are required to show sensitivity when supporting children's dietary needs and allergies. A child's diet or allergy must never be used as a label, nor should any child be made to feel singled out or excluded because of their dietary requirements or allergies.
- Fresh drinking water is available at all times via an accessible water dispenser.
- Milk is provided (semi-skimmed), with suitable alternatives (e.g. oat milk) available where required.



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### Snack and Mealtime Practice

#### Snack Time

- Snack times are organised as positive social experiences where children and staff sit together.
- Children are encouraged to develop independence by making choices, serving food, and feeding themselves where appropriate.
- Age-appropriate utensils and equipment are provided, taking into account children's developmental stages, individual needs, and cultural practices.
- Children must remain seated while eating and are not permitted to walk around with food or drink to reduce the risk of choking.
- A member of staff sits with the children during snack time to ensure all children are visible, supervised, and supported. Another member of staff may act as a runner to maintain continuous supervision at the table.
- Staff actively supervise children while eating and are familiar with the setting's choking prevention and emergency procedures.

#### Food Brought from Home (Lunch Club)

- Parents and carers are encouraged to provide healthy, balanced lunchboxes containing a variety of nutritious foods such as sandwiches, fruit, vegetables, and dairy items including yoghurt.
- Parents receive guidance on healthy lunchboxes, suitable food choices, and portion sizes when their child starts at the setting.
- Sugary are discouraged. Filtered drinking water is available to the children at all times.
- Lunchboxes should avoid excessive processed foods, crisps, sweets, chocolate, cakes, and biscuits.
- Packed lunches are stored appropriately. Parents are encouraged to include cool packs or insulated lunch bags during warm weather to help maintain food safety.
- A member of staff remains seated with the children at each table throughout mealtimes to ensure all children are visible, supervised, and supported. An additional member of staff may act as a runner where required to maintain continuous supervision at the table.
- Children are discouraged from sharing food in order to reduce the risk of allergic reactions and to support safe eating practices.

The setting follows the requirements of the Food Information Regulations 2014. Information regarding allergens in foods provided by the setting is available to parents and carers upon request.

#### Legal Framework

- Regulation (EC) No. 852/2004 on the Hygiene of Foodstuffs
- Food Information Regulations 2014
- Department for Education Early Years Foundation Stage (EYFS) Statutory Framework 2025 – Safeguarding and Welfare Requirements



## Food and Drink Policy and Food Hygiene Policy

### Further Guidance

- Safer Food, Better Business (Food Standards Agency)
- Early Years Foundation Stage Nutrition Guidance (2025)
- Help for Early Years Providers – Nutrition and Food Safety Guidance

### Food Hygiene Policy

*(Including procedures for reporting food poisoning)*

#### Policy Statement

Bradpole Preschool is committed to maintaining the highest standards of food hygiene in the purchase, storage, preparation, and serving of food. All staff members hold a current food hygiene certificate, which is updated every three years. New members of staff must complete this training before being allowed to prepare food.

#### Procedures

- Staff responsible for food preparation understand and follow the principles of HACCP (Hazard Analysis and Critical Control Point).
- All staff adhere to guidance set out in *Safer Food, Better Business*.
- Staff involved in food handling have received appropriate food hygiene training.
- Daily kitchen checks are carried out to ensure standards are consistently met.
- Food is sourced from reputable suppliers.
- Food is stored at correct temperatures and checked for freshness and contamination.
- Packed lunches are stored in a cool place and consumed within safe timeframes. We advise parents to use cold packs in the summer months.
- Food preparation areas and surfaces are cleaned before and after use.
- Separate facilities are available for handwashing and washing up.
- Utensils and crockery are cleaned appropriately and stored hygienically.
- Food waste is disposed of daily.
- Cleaning and hazardous materials are stored safely out of children's reach.
- Children do not access the kitchen.
- During cooking activities, children are supervised and supported to follow basic hygiene and safety practices.

#### Reporting Food Poisoning

- Not all cases of sickness or diarrhoea are due to food poisoning or are reportable.
- Where a medical professional confirms food poisoning and the source may be linked to the setting, the preschool leads will notify the Environmental Health Department and cooperate with any investigation.
- Any confirmed cases affecting two or more children will be reported to Ofsted as soon as reasonably practicable and within 14 days.



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This policy was adopted by the Bradpole Preschool Committee

During the Summer Term 2026

Date to be reviewed Autumn Term 2027