Little Stars Pre-school
at Emmanuel Church

Food, Drink and Food Hygiene Policy

Introduction and aims

We regard snack time and lunch time as important parts of our session. Eating represents a social time for children and adults as well as helping children learn about healthy eating.

At snack time and lunch time, we aim to encourage and promote the provision of nutritious foods, which meets the children's individual dietary needs, and to educate children of the effects that foods and drinks have on our bodies and support them in making healthy choices.

We aim to encourage those parents whose children stay for lunch to pack a healthy nutritious lunch and to make them aware of other children within the group who may have severe allergies.

Supervision

When eating children are always within sight and hearing of an adult. (EYFS 3.70)

All staff are paediatric First aid trained and one is always present in the room when children are eating. (EYFS 3.64)

Awareness of dietary needs

We use the following procedures to ensure that physical and cultural dietary requirements of all children are recognised and supported:

- Before children start Pre-school, we find out from parents their child's dietary needs and preferences, including allergies. (EYFS 3.65)
- We record information about each child's dietary needs in their registration documents and parent sign to signify that is it 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. (EYFS 3.66)
- We display current information about individual children's dietary needs when necessary so that all staff and volunteers are fully informed about them. (EYFS 3.65)
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as parents' wishes. (EYFS 3.65)
- Through discussion with parents and research reading by staff, we obtain information about dietary rules of religious groups to which children and their families belong, as well

as vegetarians, vegans and food allergies. We take account of this information in the provision of any food and drinks. (EYFS 3.65)

- We require staff to show sensitivity in providing 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 his/her diet or allergy.
- We communicate information about children's severe allergies in a sensitive manner and with regard to our confidentiality policy.

Nut allergies

Because of the seriousness of potential nut allergies, we take the following precautions at all times:

- We have a 'NO NUTS' policy with regards to snacks and lunches brought in from home. This is regularly communicated to parents.
- We take care not to provide food containing nuts or nut products in our cooking activities and are especially vigilant where a child is known to have allergies to nuts.

Snack time and lunch time

We plan the provision of food and drinks within the Preschool sessions to support the aims of this policy:

- We organise snack times and lunch times so that they are social occasions in which children and staff participate.
- The table surface is cleaned with anti-bacterial spray and single use cloths before and after use.
- Children wash their hands before eating or drinking.
- We have fresh drinking water constantly available for all children. We inform the children how to obtain the water and that they can ask for water at any time during the session. (EYFS 3.63)
- We inform parents who provide food for the children about the storage facilities available in the Pre-school.
- 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 pasteurized milk.

Packed Lunches

We would like lunch boxes to reflect a healthy balanced meal.

We are asked by OFSTED to provide parents with advice on appropriate food content for lunch boxes; the recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. wholegrain roll, thick slice of wholemeal bread, pitta pocket, plain cracker, pasta or rice salad.
- Plenty of fruit and vegetables e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini can of fruit chunks (decanted into a plastic container), small box of raisins
- A portion of milk or dairy food e.g. individual cheese portion, pot of yogurt.
- A small portion of lean meat, fish or alternative e.g. 2 slices of ham, quorn, cheese, tuna, egg or hummus.
- A drink e.g. small carton of fruit juice, no added sugar fruit squash. Water is provided.
- One small packet of crisps, a fruit scone or portion of malt loaf, a small cake or biscuit may also be included (please avoid chocolate as much as possible).

Please see link below for further guidance
Early Years Foundation Stage nutrition guidance

In addition:

- Food contained within the packed lunch should be cold (we do not heat food at pre-school)
- During warm weather we recommend that freezer packs are used to keep the packed lunch cool.
- Foods such as grapes, cherry tomatoes & cocktail sausages MUST to be cut in half to avoid being a choking hazard
- Sweets are a treat & should not be part of a child's lunch.
- Staff will encourage children to eat all their lunch but staff will respect the child's wishes and their decisions.
- All uneaten food & empty packages will be returned in the lunch box so parents/carers can monitor their child's food consumption.

Hygiene (See also the Infection Control Policy)

We maintain the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food.

All staff follow basic hygiene rules in the kitchen

- 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 checks on the kitchen to ensure standards are met consistently. (EYFS 3.72)
- 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; 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.
- There are separate facilities for hand-washing and for washing up.
- All surfaces are clean and non-porous.
- All utensils, crockery etc are cleaned 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; and do not have unsupervised access to electrical equipment, such as blenders etc

Reporting of food poisoning

Food poisoning can occur for a number of 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/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 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.

Review / Version Control				
Review period - 3 years				
Version	Created	Reviewed	Initials	Changes
Food and drink Policy (v1.0)	03/2020		DH / AP	

Review / Version Control				
Food, Drink and Food Hygiene Policy (v2.0)	09/2021		DH AP	Reworded, and food hygiene section added
Food, Drink and Food Hygiene Policy - Oct24 – v2.1	10/2024		DH AP	Changed template and added version control. No changes to wording
Food, Drink and Food Hygiene Policy – v2.2	10/2025		DH AP	Wording changed to packed lunches and link for guidance added
Food, Drink and Food Hygiene Policy – v2.3	09/2026		DH SH AP	References to pertinent sections of EYFS Statutory Framework added, section on Supervision added, plus other minor wording changes