

6.5 Food and Drink

- Procedure is followed for general hygiene and safety in food preparation areas.
- We provide nutritionally sound meals and snacks which promote health and reduce the risk of obesity and heart disease that may begin in childhood.
- We ensure that children are supervised at mealtimes and that children are within sight and hearing of a member of staff at all times and where possible staff are sat facing children when eating to ensure they are eating in a way that prevents choking and so they can prevent food sharing and be aware of any unexpected allergic reactions.
- We follow the main advice on dietary guidelines and the legal requirements for identifying food allergens when planning menus based on the four food groups:
 - meat, fish, and protein alternatives
 - milk and dairy products
 - cereals and grains
 - fresh fruit and vegetables.
- Following dietary guidelines to promote health also means taking account of guidelines to reduce risk of disease caused by unhealthy eating.
- Parents/carers share information about their children's particular dietary needs and allergies with staff when they enrol their children and on an on-going basis with their key person. This information is shared with all staff who are involved in the care of the child.
- We ensure that all staff are aware of the symptoms and treatments for allergies and anaphylaxis and the differences between allergies and intolerances which may develop at any time.
- Care is taken to ensure that children with food allergies and intolerances do not have contact with food products that they are allergic to.
- We notify Ofsted of any food poisoning affecting two or more children in our care as soon as possible and at least within 14 days.
- Risk assessments are conducted for each individual child who has a food allergy or specific dietary requirement.
- If a child chokes at mealtime and intervention is given. We record details of the incident and ensure that parents/carers are informed.

Food Preparation

- All staff who prepare snack have up to date certificated training Level 2 Food Hygiene.
- We ensure that staff preparing snack hold a current paediatric first aid certificate.
- Food is purchased from reputable suppliers.
- All opened dried food stuffs are stored in airtight containers.
- Food is regularly checked for sell by/use by dates and any expired items are discarded.
- Items in fridges must be regularly checked to ensure they are not past use by dates.
- Food handlers must check the content of food/packets to ensure they do not contain allergens.
- Food allergens must be identified on the menus and displayed for parents.
- Food handlers wash hands and cover any cuts or abrasions before handling food.
- Separate boards and knives are used for chopping food, usually colour coded.
- Raw and cooked foods are prepared separately.
- All vegetables and fruit are washed before preparing.
- Food prepared for children with dietary needs and preferences is clearly labelled and every effort is made to prevent cross-contamination.

Food Serving

- We organise lunch and snack times so that they are social occasions in which children and adults participate.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- Staff risk assess the likelihood of children with dietary restrictions accessing the food of other children and must take appropriate action to prevent this from happening, for example:
 - check the list of children's dietary requirements displayed in the food preparation area
 - coloured plates
 - other methods as agreed by the setting manager
- Children with allergies/food preferences are not made to feel 'singled out' by the methods used to manage their allergy/food preference.
- Food served to children with identified allergies is checked by the key person to ensure that the meal (and its ingredients) does not contain any of the allergens for that child.
- We present snack in a self serve style with child appropriate utensils.

- Fresh water and milk is available for the children to pour into cups themselves – supervised by the member of staff so that children with dairy allergies do not access the milk.
- We only purchase dairy free spread.

Packed lunches

Children are required to bring packed lunches, we:

- Parents/carers are requested not to bring food that contains (or may contain) nuts. Staff check packets to make sure they do not contain nuts or nut products.
- Encourage parents to ensure perishable contents of packed lunches contain an ice pack to keep food cool;
- inform parents of our policy on healthy eating;
- We discourage sweet drinks and can provide children with water;
- 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;
- provide children bringing packed lunches with plates, cups and cutlery;
- ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion;
- We do not re-heat children's lunch food in the microwave.

This policy was adopted by

Layer Preschool

On

2nd October 2025

Date to be reviewed

October 2026

Signed on behalf of the provider

Name of signatory

Paula Clark

Role of signatory (e.g. chair, director or owner)

Manager