**Sunflowers Preschool**



**Food Safety and Nutrition policy**

# Alongside associated procedures in 03.1- 03.6 Food safety and nutrition, this policy was adopted by Sunflowers Preschool on 1st May 2025.

# 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

###### **Objectives**

* We recognise that we have a corporate responsibility and duty of care for those who work in and receive a service from our provision, but individual employees and service users also have responsibility for ensuring their own safety as well as that of others. Risk assessment is the key means through which this is achieved.
* Procedure 01.3 Kitchen is followed for general hygiene and safety in food preparation areas.
* We provide nutritionally sound snacks which promote health and reduce the risk of obesity and heart disease that may begin in childhood.
* 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 share information about their children’s particular dietary needs 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.
* Foods provided by the setting for children have any allergenic ingredients identified on the menus.
* Care is taken to ensure that children with food allergies do not have contact with food products that they are allergic to.
* Risk assessments are conducted for each individual child who has a food allergy or specific dietary requirement.
* Whilst children are eating there should always be a member of staff in the room with a valid paediatric first aid certificate.
* Before a child is admitted to the setting the provider must obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements. This information must be shared by the provider with all staff involved in the preparing and handling of food.
* At each mealtime and snack time providers must be clear about who is responsible for checking that the food being provided meets all the requirements for each child.
* Providers must have ongoing discussions with parents and/or carers and, where appropriate, health professionals to develop allergy action plans for managing any known allergies and intolerances. This information must be kept up to date by the provider and shared with all staff. Providers may find it helpful to refer to the BSACI allergy action plan.
* Providers must ensure that all staff are aware of the symptoms and treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop allergies at any time, especially during the introduction of solid foods which is sometimes called complementary feeding or weaning. Providers may find it useful to refer to the NHS advice on food allergies: Food allergy - NHS (www.nhs.uk) and treatment of anaphylaxis: Anaphylaxis - NHS ([www.nhs.uk](http://www.nhs.uk)).
* Providers must have ongoing discussions with parents and/or carers about the stage their child is at in regard to introducing solid foods, including to understand the textures the child is familiar with. Assumptions must not be made based on age.
* Providers must prepare food in a suitable way for each child’s individual developmental needs, working with parents and/or carers to help children move on to the next stage at a pace right for the child. The NHS has some advice providers may find useful to refer to: Weaning - Start for Life - NHS (www.nhs.uk).
* Providers must prepare food in a way to prevent choking. This guidance on food safety for young children: Food safety - Help for early years providers - GOV.UK (education.gov.uk) includes advice on food and drink to avoid, how to reduce the risk of choking and links to other useful resources for early years settings.
* Where possible there should be a designated eating space where distractions are minimised.
* Children must always be within sight and hearing of a member of staff whilst eating. Choking can be completely silent therefore it is important for providers to be alert to when a child may be starting to choke. Where possible, providers should sit facing children whilst they eat so they can make sure children are eating in a way to prevent choking and so they can prevent food sharing and be aware of any unexpected allergic reactions.
* When a child experiences a choking incident that requires intervention, providers should record details of where and how the child choked and parents and/or carers made aware. The records should be reviewed periodically to identify if there are trends or common features of incidents that could be addressed to reduce the risk of choking.
* Appropriate action should be taken to address any identified concerns.

**Legal references**

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](http://www.food.gov.uk/business-guidance/safer-food-better-business-for-caterers) (Food Standards Agency)