Food, Drink and Food Hygiene Guidance

Guidance Aim

To recognise the importance of:

- creating a positive food environment where children are exposed to and encouraged to try a variety of new tastes and textures
- children having a balanced diet, which meets the children's individual dietary needs.
- maintaining the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food.
- ensure safe food preparation and be aware of choking risks.
- developing independence through making choices, serving food and drink or feeding themselves.
- promoting oral health.

We follow the requirements on food and drink in the Department of Education's Early Years Foundation Stage statutory framework (EYFS).

We take the following actions to promote healthy eating in the setting:

- Before a child starts at the setting, we ask about their special dietary requirements, preferences, food allergies and intolerances that the child has and any special health requirements and cultural dietary needs effectively within the Registration Form.
- Inform all staff and volunteers about children's allergies, intolerances and dietary needs by recording this information and displaying them in setting, including food preparation areas.
- Regularly consult with parents to ensure that our records of their children's dietary needs are up to date.
- Have fresh drinking water available for the children throughout the day.
- Make sure that children do not swap or share their food with others.
- Ask that drinks provided from home are water only.

Choking

Staff in the setting will:

- ensure children are always within sight and hearing of staff whilst eating.
- ensure there is a member of staff in the room with a valid paediatric first aid certificate.
- check that food has been prepared in a way to prevent choking.
- records the details of child choking experiences that requires intervention in the settings accident book. Staff should record details of where and how the child choked and ensure parents are made aware.
- remind parents that food such as cocktail sausages, grapes and cherry tomatoes must be cut in quarters lengthways to avoid choking hazards. If food items which pose a risk of choking are included in a child's lunch box, staff will return the food to parents. A note will be sent home to parents to remind them that they need to cut these foods as described above.

Packed lunches / Snack time

Staff in the setting:

- inform parents we follow Department for Educations Early Years Foundation Stage nutrition guidance. https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf
- inform parents that we don't have facilities to microwave cooked food brought from home.
- Inform parents that we don't have facilities to refrigerate lunch boxes, therefore, ice packs should be included in their child's lunch box if it contains chilled items.

- inform parents that the setting is nut free and no items with an ingredient list containing nuts should be brought from home. Items containing nut are returned to parents with a label explaining the reason.
- encourage parents to provide healthy food choices for pudding such as fruit and unsweetened yoghurt, together with a healthy drink, all of which must be in date, if packaged.
- request that parents avoid / limit unhealthy foods which are high in salt, sugar and saturated fat such as ultra-processed foods, sugary puddings.
- request that parents do not include sweets and fizzy drinks.
- encourage children to wipe their faces and wash their hands after eating.
- reserve the right to return items to the parent as a last resort
- ensure each mealtime is a social occasion.

Food hygiene

- We follow the Safer Food, Better Business procedures (Food Standards Agency).
- Cleaning materials and other dangerous materials are stored out of children's reach.
- When handling or preparing food staff must have completed food hygiene training as stated in the EYFS.
- 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,
  - do not have unsupervised access to electrical equipment, such as toaster 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, Committee will contact the Environmental Health Department to report the outbreak and will comply with any investigation.
  We notify Ofsted as soon as reasonably practicable of any confirmed cases of food poisoning affecting two or more children looked after on the premises, and always within 14 days of the incident.