

Date Reviewed:	February 2025
Review Date:	February 2028



Agreed by Health and Safety Committee

Date: 18/08/2025

Name: Natalie Sadler

Signature: Electronically on Governor Hub

## Food and Drink Policy – February 2025

As a centre, Highfield Nursery School, Daycare and Children's Centre all use the Food standards agency 'Safer Food, Better Business for Caterers' document. Within this document is all the current guidance on:

- Cross Contamination
- Cleaning
- Chilling
- Cooking
- Management

There is also up to date information relating to the prevention and cross contamination of EColi 0157.

We share our 'Eat Better, Start Better' booklet with parents and practitioners.

All practitioners will fill out the diary sheets as necessary.

The catering team will ensure the daily temperature log is completed.

For more information, see 'Safer Food, Better Business for Caterers' document.

We adhere to the statutory guidance, June 2015, of the School Food Plan from the School Food Standards and the Allergies legislation, Dec 2014. We also adhere to the Allergy Guidance for Schools (October, 2019). Our allergies information is detailed on our menu plan, which is updated every half term and can be found on our website.

We refer to the 'Setting the Table Nutritional Guidance and Food Standards – Jan 2015' to plan our menus for lunch and snack.

We adhere to the Soil Association Food for Life Standards 2016.

We also adhere to the Schools Food Standards – updated Feb 2025 and EYFS Nutrition Guidance May 2025.

At Highfield we promote healthy eating to support children's healthy lifestyles. Eating represents a social time for the children and adults and helps children to learn about healthy eating. Practitioners support and are always sensitive when providing food for children's individual diets and allergies. We believe that it is important for children to experience different foods and tastes and this is reflected in our menus. We include foods from a variety of cultural backgrounds, providing children with familiar foods and introducing them to new flavours and textures.

We provide healthy nutritious meals and snacks, which meet the children's individual dietary needs. Children are encouraged to access fresh drinking water throughout the day.

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The children are encouraged to be independent through making choices, serving food and drink and feeding themselves.

We will meet the full requirements of the Statutory Framework for the welfare requirements on food and drink and the School Food Plan

To ensure this happens we will:

- Find out from parents/carers their child(ren) dietary needs, including any allergies before they start.
- Record any information about a child's individual needs on an individual care plan.
- Discuss with parents on a regular basis their child's care plan to ensure it is up to date.
- State that parents/carers are responsible for informing the setting of any changes to the information provided on their child's individual diet sheet.
- Display a current photo of the child and information about individual dietary requirements both in the kitchen and the classroom snack trolley to ensure that all practitioners, students and volunteers are fully informed.
- Implement systems to ensure children receive only food and drink that is consistent with their dietary requirement. In order to protect children with food allergies, we encourage children not to share or swap their food with one another.
- Review menus regularly involving children and parents.
- Display the menus of meals on our family information board and on the website.
- We are a nut free centre. Take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known nut allergy.
- Display all other possible allergens present in the meal on the menu – which is displayed in the kitchen, classroom, reception and on the website.
- Provide appropriate utensils for all children according to their stage of development. We take into account different eating practices in different cultures.
- Only snack food with salt and sugar under 1.5g per 100g will be used.
- Bread will be provided with lunch every day
- Encourage children to eat a 'rainbow of colours' by providing 2 veg each day of different colours
- Provide fair-trade, local, seasonal and organic produce. Make use of our school garden grown food where possible.

### **Food Hygiene**

All practitioners in the setting have appropriate food handling training Level 2 (including specific information on E-Coli), and these are updated when required. They are aware of the food and drink policy and adhere to this when dealing with food.

Every day the fridge and freezer temperatures are recorded to ensure they meet national standards.

### **Preparation for Snack and Meal Times**

All practitioners will comply with the following guidelines and ensure they have read the centres Safer Food, Better business document.

- Ensure tables are cleaned appropriately using a damp cloth
- Using the Dettol spray and blue paper towel over all the tables.
- The tables are then set for meal/snack times.
- After meal/snack times wipe away any excess food using the damp cloth.
- Using the Dettol spray and paper towel ensures the tables are wiped thoroughly; ensuring edges of the tables are wiped.

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- If there are spillages on the floor the paper towels will be used.
- The floor needs to be thoroughly swept using the correct broom, dustpan and brush.

During dinner times practitioner will also adhere to the food and drink policy hygiene routines. They will practice the following points before serving dinner:

- Wash hands using soap and water.
- Wear a disposable apron.
- Tie hair back if long and wear hats when preparing food.
- Wear blue plasters if cuts need covering.
- If wearing nail polish gloves must be worn.
- Sit with each table of children eating at all times
- A Paediatric first aider will be present at all times.

## Nutrition

What is a healthy diet?

A healthy diet is one which allows a balance of different foods. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

Diet and exercise is linked and we actively promote and teach children and their families about the need for healthy foods, regular exercise and sleep through the food we provide, regular discussions and our curriculum.

We follow best practise guidance 'Setting the Table Nutritional Guidance and Food Standards' – Jan 2015. This guidance helps support the good practise at Highfield and ensures staff have knowledge of portion size, nutrition and food groups. We have produced a parent booklet "Eat Better Start Better"

We know that most of us need to eat more fruit and vegetable, cereals, fish and lean meat, and less fat, sugar and salt. Through games, visits from dental nurses and health visitors etc and at daily snack group time we teach children about the need to eat healthily and use the slogan "5 a day" to reinforce this.

Squash, fruit juice and sugary foods are provided at parties and special occasions and the reasons for this are explained to the children. If parents do not wish their child to have squash they inform the staff.

Our food hygiene policies and procedures are reviewed and updated regularly.

This policy was written alongside the following documents:

- Statutory framework of the EYFS,
- Eat Better, Start Better (voluntary guidance)
- Safer Food Better Business
- Setting the Table Nutritional Guidance and Food Standards – Jan 2015'
- The School Food Plan June 2015
- Allergy Guidance for Schools (October, 2019).
- <https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety>
- We also adhere to the Schools Food Standards – updated Feb 2025
- EYFS Nutrition Guidance May 2025.