



CHOLSEY PRE-SCHOOL POLICIES

Policy Name – Food, Drink and Food Hygiene
Policy Number – CPS309

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Policy Statement

Cholsey Pre-School regards snack and mealtimes as an important part of our day to promote and educate healthy eating habits, and socialising. Each meal or snack is aimed and encouraged to be a nutritious source of food that meets the child's individual dietary needs. We maintain the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food. Cholsey Pre-School is registered as a food provider with the local authority Environmental Health Department.

Promoting Healthy Eating

At Pre-School meals and snacks are either supplied according to the school menu, from the school kitchen or from home. We also follow these procedures to promote healthy eating in our setting.

- We use meal and snack times to help children develop independence through making choices, serving food and drink and feeding themselves.
- Where food is provided from home we encourage the food to be healthy and carefully considered for other children with allergies.
- Snacks are usually supplied from home and combined to provide a variety of options for the children. A food handling qualified member of staff prepares the snacks.
- We request that each child provides one piece of fruit or healthy alternative snack per session for snack times.
- Eating the healthiest foods first is encouraged.
- Age appropriate utensils are supplied by Pre-School and where applicable, we take account of the eating practices in cultures.
- Fresh drinking water is constantly available for the children and they are educated how to obtain the water.
- Milk (semi-skimmed pasteurised milk) and water are offered and encouraged during snack and mealtimes.
- We inform parents who provide food for their children about the storage facilities available in the setting and the most suitable methods for storing food while at the setting.



- We organise meal and snack times to be social occasions in which children and staff participate.

Dietary Needs

- Before a child commences at the setting, parents/guardians are asked about dietary needs and preferences, including any allergies. (See the Managing Allergies, Sickness and Infectious Disease Policy.)
- Information about each child's dietary needs is recorded in the Registration Form and parents sign the form to confirm it is correct.
- This information is also made visible to all staff on a white board in the kitchen area, and is updated daily according to the children's attendances.
- We regularly consult with parents to ensure that our records of their child's dietary needs – including any allergies - are up to date. Parents sign the updated record to confirm it is correct.
- We aim to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.
- We take care to avoid food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts. Preschool promotes a 'Nut Free Zone'.
- Through discussion with parents and research by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, as well as information about vegetarian and vegan diets and about food allergies. We take account of this information in the provision of food and drinks.
- We require staff to show sensitivity in providing for 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 their diet or allergy.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.



Packed Lunches

Where parents choose to bring packed lunches, we:

- Inform parents where lunch boxes are stored and suggest that boxes contain an ice pack to keep food cool.
- Inform parents of our policy on healthy eating and discourage packed lunch contents that consists largely of crisps, processed foods, sweet drinks and products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort.
- As a precaution, children should not eat packed lunches when travelling in vehicles.
- Any uneaten packed lunch food is returned home with the children to show parents and carers what has been consumed.

Hot Lunches

We provide hot lunches through Cholsey Primary School, where they ensure that all food provided at school adheres to the latest DfE guidelines as outlined in the departmental advice: Food in Schools – School food in England and any updates to this advice.

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/551813/School_food_in_England.pdf

- Parents and children may select in advance via ParentPay the meat or vegetarian hot meal option of their choice.
- Wholemeal bread and a variety of salad will be available every lunchtime.
- Parents will be informed if the child does not eat the hot lunch provided.

Food Hygiene and Handling

- The Pre-School manager and the person responsible for food preparation understand the principles of Hazard Analysis and Critical Control Point (HACCP) as it applies to their business. This is set out in Safer Food, Better Business (Food Standards Agency 2011).

<https://www.food.gov.uk/business-industry/caterers/sfbb/sfbbchildminders>



- All staff follow the guidelines of Safer Food, Better Business.
- All staff involved in the preparation and handling of food have received appropriate training in food hygiene.
- The person responsible for food preparation and serving carries out daily opening and closing checks on the kitchen to ensure standards are met consistently.
- We use reliable suppliers for the food we purchase.
- Food is stored at the correct temperature 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; unrefrigerated food is served to children within 3 hours of arrival at Pre-School.
- Food preparation areas are cleaned before and 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 the reach of children.
- 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.

Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

Further Guidance

- Safer Food, Better Business (Food Standards Agency 2011)

Other useful Preschool Learning Alliance publications

- Nutritional Guidance for the Under Fives (Ed. 2010)
- The Early Years Essential Cookbook (2009)
- Healthy and Active Lifestyles for the Early Years (2012)