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Sacred Heart Pre-school

Heys Street  
Thornton-Cleveleys  
FY54HL

Tel: 07835711921  
EY 318019

**(8) Food and Drink / Food Hygiene (3.26, 3.49)**

**Policy statement**

Our provision regards snack and mealtimes as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

We provide and/or serve food for children on the following basis.

* Snacks.
* Meals (provided by School Kitchen)
* Packed lunches (provided by parents)

We maintain the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food. We are registered as a food provider with the local authority Environmental Health Department.

**Procedures**

We follow these procedures to promote healthy eating in our setting.

* Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies. We also ask staff about their allergies/dietary needs upon induction.
* We record information about each child's dietary needs on our app and it will flag up for staff when a child with allergies/dietary requirements is in the setting.
* We regularly consult with parents to ensure that our records of their children's dietary needs – including any allergies - are up to date.
* We display current information about individual children's dietary needs in an easily seen place so that all staff and volunteers are fully informed and aware of them.
* We ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.
* We display the menus of school meals in preschool, and they are also uploaded onto the app for parents to view, along with what the daily snacks are.
* We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
* The school menus include a variety of foods from the four main food groups:
  + meat, fish and protein alternatives;
  + dairy foods;
  + grains, cereals and starch vegetables; and
  + fruit and vegetables.
* We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
* We are a **nut free** setting, so will take care to be extra vigilant/cautious with foods and ensuring that nothing has nuts in.
* Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
* School provide a vegetarian alternative on days when meat or fish are offered and make every effort to ensure Halal meat or Kosher food is available for children who require it.
* 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 her/his diet or allergy.
* We organise meal and snack times so that they are social occasions in which children and staff participate.
* We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
* We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
* We have fresh drinking water/milk 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.
* In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
* We provide semi-skimmed milk.

***Packed lunches***

Where parents prefer to provide a packed lunch for their child, we:

* Ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool where needed.
* Inform and encourage parents to provide healthy meals, such as sandwiches with a healthy filling, fruit, and milk-based desserts, such as yogurt or crème fraiche. We discourage sweet drinks and can provide children with water or milk.
* We actively 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.
* We provide children bringing packed lunches with plates, cups and cutlery
* We ensure staff sit with children to eat their lunch so that the mealtime is a social occasion and also to optimise safety, as the staff can ensure that they are proactive incase choking occurs.

**Food Hygiene**

* All staff involved in the preparation and handling of food have received training in food hygiene.
* We use reliable suppliers for the food we purchase.
* Food is stored at correct temperatures and is checked to ensure it is in-date and not subject to contamination by pests, rodents or mould.
* Packed lunches provided by parents are kept in the kitchen area.
* Food preparation areas are cleaned before use as well as 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 clean and stored appropriately.
* Waste food is disposed of daily.
* Cleaning materials and other dangerous materials are stored out of children's reach.
* 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.

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**Policy adopted/implemented by SACRED HEART PRE-SCHOOL in:**

August 2023

**Date to be reviewed:**

Yearly

**Signed on behalf of management team:**

Chelsea Porter (Deputy) – 24/8/23

**Reviewed by**:

Chelsea Porter (Manager) – September 2024