

Food and Drink Policy

I provide children with healthy, balanced, and nutritious meals, snacks and drinks, following current NHS, government, and food safety guidance.

Before a child starts, I will obtain information about allergies, dietary requirements, preferences and any medical or health needs. I will work with parents to ensure food is suitable for each child's age and stage of development.

Food Safety and Choking

- Children will always be supervised by myself and within sight and hearing while eating.
- I will ensure children are seated safely and that food is prepared appropriately to reduce the risk of choking.
- I hold a valid paediatric first aid certificate.
- Any choking incident requiring intervention will be recorded and parents informed.
- Fresh drinking water will always be available, and children will not share cups or drinking bottles.
- Clean, age-appropriate crockery and utensils will be provided and will not be shared between children.

Allergies and Dietary Requirements

I will take appropriate steps to prevent children being exposed to known allergens and will ensure parents are informed about allergens contained in food I provide. When eating outside the setting, I will consider food allergies and dietary requirements as part of my risk assessment.

Food Hygiene

I follow appropriate food hygiene procedures and have registered with my Local Authority Environmental Health Department where required.

I will:

- Wash hands thoroughly before preparing or eating food.
- Keep food preparation areas clean and hygienic.
- Keep pets away from food preparation areas.
- Keep baby changing areas separate from food preparation areas.
- Store food safely and provide chilled storage for children's packed lunches where required.
- Use appropriate sterilising equipment for babies' bottles and feeding equipment.
- Keep cleaning products, laundry and other contaminants away from food preparation areas.

I will keep food receipts so that food can be traced if necessary.

If there is an outbreak of food poisoning affecting two or more children, I will report this to Ofsted as required and follow the advice of the relevant health authorities.

