

2.3 Food Hygiene, Nutrition and Play Policy

Policy statement

Perins Pre-School are committed to promoting children's health, well-being, and development through high standards of food hygiene, balanced nutrition, appropriate drinks, and safe, meaningful food play experiences.

We recognise that early childhood is a crucial time for establishing healthy eating habits and positive attitudes towards food, and we place particular importance on the safe management of allergens.

Food Hygiene

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

- Snacks.
- Tea and Breakfast
- Packed lunches and hot lunches

We maintain the highest possible food hygiene standards regarding 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 the guidelines of Safer Food, Better Business (childminders)
- All our staff who are involved in the preparation and handling of food have received training in food hygiene from Noodle Now
- Staff carry out daily health and safety checks on the kitchen to ensure standards are met consistently.
- 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.
- Food preparation areas are cleaned before and after use.
- There are facilities for handwashing and for washing-up. Plates and bowls are to be rinsed in the back room and taken to the dishwasher using the black bowl. The kitchen sink is for hand washing only.
- 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.
- When children take part in cooking activities, they:
 - are always supervised.
 - 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 several reasons; not all cases of sickness or diarrhoea are because of food poisoning, and not all cases of sickness or diarrhoea are reportable.

- Children and/or adults that 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 our setting, the manager 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.

Nutrition and Drink

Perins Pre-School 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. We promote healthy eating using resources and materials. We are committed to offering children healthy, nutritious snacks and meals.

Procedures

- Parents/Carers record information about their child's dietary needs on the registration form and on allergy forms during the settling in period
- We regularly consult with parents/carers to ensure that our records are up to date
- We display the menus of meals for the parents/carers to view
- We do not provide any food containing nuts or nut products. We strive to be a nut free pre-school. However, if nuts form part of a child's diet for medical reasons, then they will be allowed with a full risk assessment in place
- We require staff to show sensitivity in providing for children's diet and allergies.
- We provide children with utensils that are appropriate for their age and stage of development and take into account the eating practices in their culture
- We have fresh drinking water constantly available for the children at any time during the day
- Parents/Carers are not to give any food or drink to any children other than their own when attending events or outings to prevent any cross contamination
- We do allow parents/carers to bring in cakes on birthdays. If it is homemade, we ask for the ingredients used. If it is shop brought, we will ask for the original packaging so we can see what is in the cake
- In the very unlikely event of food poisoning affecting 2 or more children on the premises, whether this may arise from food offered at pre-school, we will inform Ofsted as soon as reasonably possible and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.

Packed Lunches

We are committed to children eating healthy, nutritious and balanced meals and snacks. We do allow children to bring in a packed lunch. We provide appropriate storage in the fridge. Children's lunch boxes are checked before given out to ensure no potential allergies or choking hazards are present.

We reserve the right to remove food items that present an allergen or choking risk.

To reduce risks of allergens or choking, the following items must not be included:

- Nuts – whole nuts, nut products including those which use nuts in preparation (for example, nut oil)
- Any drinks other than plain water. Fresh water is provided for all children, and alternative drinks will not be served to the children
- Flavoured dried rice, pasta and noodle products, e.g. packets and pots of instant noodles, pasta or rice
- Popcorn, chewing gum, marshmallows, raw jelly cubes, sweets (boiled, hard, gooey or sticky).

Food Play

We ensure that any food used for playing is carefully supervised. We will also use the following procedures to ensure children are kept safe:

- Choking hazards are checked and avoided
- We will not use whole jelly cubes for play. If jelly is used to enhance play, then it will be made as per the instructions
- All allergies and intolerances will be checked and the activities adapted to meet the needs of the children
- Dried fruit that is used for play will be kept away from food used for cooking, and utensils used for food play will be washed thoroughly
- Foods that are cooked and used for play which have a limited shelf life will be replaced on a regular basis.

This policy was adopted on

17th April 2026

Date to be reviewed

17th April 2027

Signed on behalf of the provider

Michelle Osman

Role of signatory (e.g. chair, director or owner)

Pre-School Manager