

Safer Food Policy

The purpose of this policy is to ensure that children in our care are provided with a safe eating environment that supports healthy eating, minimises food-related risks, and ensures compliance with the Early Years Foundation Stage (EYFS) statutory framework, including the changes introduced in September 2025.

https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf

Key Principles

- Ensure all meals and snacks are nutritious, well-balanced, and cater to the individual dietary needs of children.
- Promote healthy eating habits from an early age.
- Safeguard children from food-related risks, including choking hazards and food allergies.

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.3 Keeping safe 1.4 Health and well being		3.2 Supporting every child	

Procedure

Food Allergies and Special Dietary Requirements:

We recognise the importance of catering to children's dietary needs, including food allergies and intolerances. All food allergies or special dietary requirements must be disclosed to the nursery by parents and carers on the setting 'Registration Form' and induction meeting when a child starts at the nursery.

- **Record Keeping:** We maintain up-to-date records of children's allergies, intolerances, and dietary preferences. This information is shared with all relevant staff members and stored securely. We will prompt parents to update the information we hold regarding special dietary needs every 6 months.
- **Risk Assessment:** A risk assessment is carried out for children with food allergies, ensuring appropriate precautions are taken, including avoiding allergens in meals and snacks.
- **Responsibility:** At each mealtime and snack time, practitioners are clear about who is responsible for checking that the food being provided meets the requirements for each child.
- **Communication:** We will ensure that all staff are aware of the allergy needs of the children in their care. Parents are encouraged to provide emergency medication where applicable.
- **Prohibited Foods:** Nuts, nut products, sweets, chocolate bars and chocolate spreads, chocolate croissants are not permitted at The Olive Garden Nursery.

Snack

- two choices of fruit
- a savoury e.g. rye biscuits, sweetcorn with butter, Greek yogurt with fruit, hummus with carrot and cucumber, sweet potato, scrambled eggs and brown toast, brown pasta.

Drink

- We recognize how important it is for children to have plenty of fluids during the nursery day.
- Fresh drinking water is always available to the children throughout the day

- Squashes and other sugary drinks are not permitted in the nursery
- We encourage children to drink milk or water
- During hot weather the children are encouraged to drink extra water during the day to ensure they keep well hydrated

Payment procedure

- Parents/guardians will pay £1.60 for 3year olds and £1.20 for 2year olds per week for snack.
- Payments will be made every term.
- If children are ill and do not attend nursery snack payments will not be carried forward, as snack is bought for all the children on a weekly basis.

Breakfast hour

Breakfast club will be from 8.00a.m- 8.45a.m. The breakfast will be provided by the nursery, which will be included in the price of £7.00. Breakfast will be provided by the nursery. The child will be offered a choice of Weetabix, porridge, Greek yogurt with fruit, brown toast, milk or water to drink.

Parents who bring in packed lunch

- Parents need to label children's food in insulated lunch bags. They must not bring food in plastic carrier bags.
- Only cold food can be brought to the nursery (food will not be heated)
- Parents will not be allowed to send in any chocolate, fizzy drinks, juices and unhealthy food, i.e chocolate sandwich or croissants.
- We will allow only bottles of water.

Celebrations

Parents will not be allowed to bring in cakes and sweets for other children. This is done in order to promote healthy eating in the nursery. Parents will be able to bring in a substitute e.g. raisins or healthy fruit platters. Maybe a colouring books, crayons or stickers. On request from parents we will inform the children during discussion time, that it is the child's birthday and say a little blessing for the child.

Safer Eating Practices

To minimise the risk of choking and ensure safe eating environments for young children, the following practices are implemented:

- Supervision: All children are supervised during mealtimes a staff will be sat at the table with the children. Where possible, staff will sit facing children whilst they eat so they can be sure children are eating in a way to prevent choking and so they can prevent food sharing and be aware of any unexpected allergic reactions
- At snack time children will be within sight and hearing of a member of staff whilst eating.
- Choking Hazards: Staff will prepare food in a way to prevent choking and be vigilant to ensure foods sent in packed lunches have also been prepared safely. Firm, spherical foods like grapes and cherry tomatoes must be sliced into quarters or segments. Cylindrical foods such as cucumber and carrots must be cut lengthways into thin batons. This guidance on food safety for young children – <https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/foodsafety> includes advice on food and drink to avoid, how to reduce the risk of choking and links to other useful resources for early years settings. If a child experiences a choking incident that requires intervention, staff will record details of where and how the child choked and parents and/or carers made aware. The records will be reviewed and risk assessed alongside other accidents / incidents at nursery on a half-termly basis. Appropriate action will be taken to address any identified concerns.
- Mealtime Environment: Children will sit down and remain seated while eating and be given time to chew and swallow their food properly. Children are discouraged from talking loudly at mealtimes / snack time. Other distractions such as toys at the meal table are, wherever possible, discouraged. Food sharing is not allowed.

Mealtime Hygiene and Safety

To ensure the safety and hygiene of food, the following procedures will be followed:

- **Food Storage and Preparation:** All food will be stored at the correct temperature, in compliance with food safety regulations. Food preparation areas will be kept clean, and staff will adhere to strict handwashing procedures before handling food.

• **Safe Utensils and Equipment:** All kitchen utensils and eating equipment will be safe and age appropriate for the children. Any broken or damaged items will be immediately replaced.

Hand Hygiene: Children will wash their hands before eating and after using the toilet. Staff will ensure that all children have clean hands before meals and snack are served.

Training and Awareness

All staff will receive regular training in paediatric first aid, food safety, allergy management, and safe eating practices. This includes: All staff will be trained in first aid procedures specific to food related incidents, including how to handle allergic reactions and choking. Whilst children are eating there will be a staff with a valid full paediatric first aid certificate present in the room. Paediatric First Aid will be updated at least every three years as a minimum. All staff will be aware of any health plans in place and steps to take.

Signed on behalf of The Olive Garden Nursery

Issue 1: April 2010

Issue 1: Reviewed October 2010

Issue 2: Amendment December 2011

Issue 2: reviewed December 2012

Issue 3: Amendment August 2014

Issue 4: Amendment July 2015

Issue 4: Reviewed September 2017

Issue 5: Amended August 2020

Issue 5: Amended January 2021

Issue 6: Amended September 2021

Issue 6: Reviewed September 2023

Issue 7: Amended September 2024

Issue 8: Amended August 2025