**03 Food safety and nutrition policy**

# Alongside associated procedures in 03.1-03.6 Food safety and nutrition, this policy was adopted by *Chipmonks Preschool* on *1st September 2025*.

# Aim

Chipmonks Preschool is a suitable, clean, and safe place for children to be cared for, where they can grow and learn. We meet all statutory requirements for food safety and fulfil the criteria for meeting the relevant Early Years Foundation Stage Safeguarding and Welfare requirements.

###### **Objectives**

* We recognise that we have a corporate responsibility and duty of care for those who work in and receive a service from Chipmonks Preschool, but individual employees and service users also have responsibility for ensuring their own safety as well as that of others. Risk assessment is the key means through which this is achieved.
* Procedure 01.3 Kitchen is followed for general hygiene and safety in food preparation areas.
* We provide nutritionally sound meals and snacks which promote health and reduce the risk of obesity and heart disease that may begin in childhood.
* Food is prepared in a way to prevent chocking: guidance on food safety for young children: Food safety-help for early years providers-gov.uk
* We ensure that children are supervised at mealtimes and that children are within sight and hearing of a member of staff at all times **and where possible staff are sat facing children when eating to ensure they are eating in a way that prevents choking and so they can prevent food sharing and be aware of any unexpected allergic reactions.**
* We follow the main advice on dietary guidelines and the legal requirements for identifying food allergens when planning menus based on the four food groups:
* meat, fish, and protein alternatives
* milk and dairy products
* cereals and grains
* fresh fruit and vegetables.
* Following dietary guidelines to promote health also means taking account of guidelines to reduce risk of disease caused by unhealthy eating.
* Parents/carers share information about their children’s particular dietary needs and allergies with staff when they enrol their children and on an on-going basis with their key person. This information is shared with all staff who are involved in the care of the child.
* We take into account every child’s individual development needs and work in partnership with parents/carers to help children to move on to the next stage with regard to weaning as per the guidance listed below.
* **Chipmonks Preschool ensures that all staff are aware of the symptoms and treatments for allergies and anaphylaxis and the differences between allergies and intolerances which may develop at any time.**
* Foods provided by the setting for children have any allergenic ingredients identified on the menus.
* Care is taken to ensure that children with food allergies and intolerances do not have contact with food products that they are allergic to.
* We notify Ofsted or the childminder agency (CMA if registered with a CMA) of any food poisoning affecting two or more children in our care as soon as possible and at least within 14 days.
* Risk assessments are conducted for each individual child who has a food allergy or specific dietary requirement.
* If a child chokes at mealtime and intervention is given. We record details of the incident and ensure that parents/carers are informed.

Parents and/or carers are encouraged to:

• **Ensure the food is suitable for their child’s individual developmental needs and prepared in a way to prevent choking.**

• For perishable items that should be kept cool, pack food in insulated sealed bags. If ice packs are unavailable, the ‘4-hour rule’ can be applied. This rule allows food to be stored outside of chilled conditions for up to 4 hours, but this should only be done once during the entire storage.

• **Clearly label their child’s name on the lunch bag and detail the contents.**

• Pack foods that can safely be kept at room temperature if there is no refrigerated area for storing food brought from home. The Food Standards Agency provides 27 advice on Listeria which has examples of ready-to-eat foods that should be eaten within 4 hours of removing them from the fridge. Providers do not have to provide refrigeration for packed lunches of children. Likewise, providers are not required to reheat food brought in by children. The Food Standards Agency has further guidance on food safety management procedures for small businesses and childminders which will support settings to follow food safety and hygiene procures when food is brought in from home.

**Legal references**

Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs.

Food Information Regulations 2014

The Childcare Act 2006

**Further guidance**

[*Safer Food Better Business* for Caterers](https://www.food.gov.uk/business-guidance/safer-food-better-business-for-caterers) (Food Standards Agency)

[Paediatric Allergy Action Plans - BSACI](https://www.bsaci.org/resources/resources/paediatric-allergy-action-plans/)

[Food allergy - NHS](https://www.nhs.uk/conditions/food-allergy/)

[Anaphylaxis - NHS](https://www.nhs.uk/conditions/anaphylaxis/)

[Weaning - Start for Life - NHS](https://www.nhs.uk/start-for-life/baby/weaning/)

[Help for early years providers : Food safety](https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/food-safety)

[Early Years Foundation Stage Nutrition Guidance (2025)](https://chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https:/assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf)

[**Allergy action plan**](https://www.bsaci.org/wp-content/uploads/2020/02/BSACIAllergyActionPlan2018NoAAI2981-2.pdf)