



25. Healthy Eating, Food Handling, Preparation and Hygiene.

Applies to: *All Staff*

We aim to provide a healthy and safe environment for the children and staff. We will do all in our power to prevent the spread of infection and promote good health.

We intend to include a new requirement in the safeguarding and welfare requirements of the EYFS that providers must have regard to this nutrition guidance. This means providers must take this guidance into account and should follow it unless there is good reason not to. This guidance will support providers to understand how to implement the existing EYFS requirement that states: 'Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious'.

Respecting children's dietary requirements

As part of our registration process for a new child, we will request information about any special dietary requirements, preferences or food allergies. A record will be kept of these in the snack area and children's snack board names will be highlighted with a red sticker. Any food prepared for these children must take these requirements into account.

St Johns Pre-School is a nut free zone. Children attending lunch club must not bring in items known to contain nuts. We reserve the right to remove any item we believe may contain nuts, this way children with known (or unknown) allergies will be protected from the risk of contact.

Health Eating

We promote healthy eating through the offering of healthy snacks in all sessions of pre-school. In addition to this we offer a lunch club where staff model the eating of healthy foods as they eat alongside the children.

We are committed to equality of opportunity (see our Equal Opportunities Policy), and plan our programme to extend the children's experience and knowledge of other cultures and celebrations, to include the different foods eaten. We try to make the children aware of the different food groups and the need for a balanced diet through play and discussion.

An example of the snacks we provide are:

Fruit: apple, grapes, strawberries, bananas, tomatoes, oranges

Vegetables: carrots, cucumber,

Savoury Snacks: crackers, rice cakes, breadsticks, crumpets,

Drinks: milk or water

The children are encouraged to be as independent as possible during our cafe style snack. They select and pour their own drink, they help to prepare the snack and make independent choices of food. The children are also encouraged to think of others and not just themselves by saying please and thank you. Children are encouraged to 'have a go' with foods that are new to them. However we will do our best to find something they enjoy eating. We encourage the children to clear their

plates and cups and help to wash up.

Each term parents/carers are invited to make a voluntary contribution towards the cost of snacks.

Providing healthy, balanced and nutritious food ensures that all children develop positive eating habits early on. Children's early experiences with food can shape future eating habits. This can impact children's long-term health including maintaining a healthy weight, and good oral health.

Storage of food

- All pre-School food must be contained correctly and stored in the church kitchen at a suitable temperature.
- All packed lunches must be stored on the lunch trolleys and stored in the pre-school cupboard which remains cool. Parents are recommended the use of a cool pack in their child's lunch box.

Food Handling

Any staff involved in the handling of food must comply with the following guidance on good practice.

- Children must not be allowed to enter the church kitchen.
- Hands must be kept clean and washed regularly and dried with a paper towel.
- Any skin, throat or nose problems or stomach upset must be reported to the Pre-School manager.
- Cuts and sores must be covered with a blue waterproof dressing.
- Clean clothing must be worn and an apron available.
- Never cough or sneeze over food.
- Handle food as little as possible.
- Keep surfaces clean and clear when not in use.
- Ensure all bins have a lid and are kept closed.
- Regularly inspect signs of insects or rodents and report any signs to the manager immediately.

Hygiene

Prior to any food preparations, staff are required to follow good hygiene practice.

- Wash hands with soap and water and dry them with a disposable towel.
- All surfaces are to be sprayed with antibacterial spray prior to use and after use.
- Tea towels and clothes are to be changed on a daily basis.
- All children must wash their hands with soap and water and dry them with a disposable towel before snack and lunch time.