

### 03 Food safety and nutrition policy

Alongside associated procedures in 03.01 to 03.05 Food safety and nutrition, this policy was adopted by Little Doves Christian Pre-School on 2<sup>nd</sup> September 2021, further updated in June 2022 and checked July 2023 and Aug 2024.

#### Aim

Little Doves CP is a suitable, clean and safe place for children to be cared for, where they can grow and learn. All statutory requirements for food safety are met and the criteria for meeting the relevant Early Years Foundation Stage Safeguarding and Welfare requirements are fulfilled.

#### Objectives

- Little Doves CP recognises that it has a corporate responsibility and duty of care for those who work in and receive a service from the provision 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 01.03 Kitchen is followed for general hygiene and safety in food preparation areas.
- Nutritionally sound snacks which promote health and reduce the risk of obesity and heart disease that may begin in childhood are provided.
- The main advice on dietary guidelines and the legal requirements for identifying food allergens when planning menus based on the four food groups are followed:
  - meat, fish, and protein alternatives
  - milk and dairy products
  - cereals and grains
  - fresh fruit and vegetables.
- All staff are aware of the 14 Allergens and notices reminding staff are displayed in the food area. Current information about individual children's dietary needs is displayed so that all staff and volunteers are fully informed about them and this is reinforced in staff meetings.
- Following dietary guidelines to promote health also means taking account of guidelines to reduce risk of disease caused by unhealthy eating.
- A typical menu of healthy snacks is displayed for parents/carers to view on the Little Doves website. ([www.littledovescp.org.uk/info/health](http://www.littledovescp.org.uk/info/health))

- Parents/carers share information about their children's particular dietary needs, including any 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.
- Foods provided by the pre-school for children have any allergenic ingredients identified on the menus.
- Care is taken to ensure that children with food allergies do not have contact with food products that they are allergic to.
- Risk assessments are conducted for each individual child who has a food allergy or specific dietary requirement.
- Whole nuts or seeds are not offered to the children.
- Popcorn is not given as a snack.
- The children are not given large marshmallows, jelly cubes or hard sweets. Mini marshmallows may be used in cooking activities.

**Foods to avoid up to 5 years (from Gov.uk Help for early years providers Food Safety):**

- nuts especially peanuts, can cause severe allergic reactions in some children. Little Doves has a no nut policy
- raw eggs or food containing partially cooked eggs for example an uncooked cake mixture and runny boiled eggs (unless they have the red lion stamp or the words British Lion quality)
- foods high in salt such as sausages, bacon, salted crackers, crisps, ready meals and takeaways
- sugar – both in sugary snacks and by not adding sugar to food
- foods high in saturated fat such as biscuits, crisp and cakes
- fresh pate (meat, fish or vegetable based) to reduce the risk of food poisoning
- unpasteurised milk, milk drinks and cheese, mould-ripened cheeses and soft blue-veined cheese to reduce the risk of food poisoning. However, these cheeses can be part of a cooked recipe as listeria is killed by cooking
- raw shellfish to reduce the risk of food poisoning and make sure any shellfish used is thoroughly cooked
- raw jelly cubes – these are a choking hazard
- oily fish should not be provided more than twice a week as it contains low levels of pollutants but it is recommended for it to be given at least once every 3 weeks

### **Drinks to avoid up to 5 years (from Gov.uk Help for early years providers Food Safety):**

- only fresh tap water and plain milk is offered to the children
- children under 5 should not be given rice drinks because of the level of arsenic they contain

### **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 (Food Standards Agency)

<https://www.food.gov.uk/business-guidance/safer-food-better-business-for-caterers>