

# POLLYANNA PRE-SCHOOL

## FOOD AND DRINK HYGIENE POLICY

### Statement of Intent

Pollyanna regards snack and mealtimes as an important part of the setting's day. Eating represents a social time for children and adults and a time that encourages children to learn about healthy eating and independence.

### Procedure

- The person in charge and the person responsible for food preparation understand the principles of Hazard Analysis and Critical Control Point (HACCP) as it applies to their business. The basis for this is risk assessment as it applies to the purchase, storage, preparation and serving of food to prevent growth of bacteria and food contamination.
- All staff comply with food safety and hygiene regulations
- All staff that prepare snack have an in-date Food Hygiene Certificate.
- 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.
- Parents are advised to place cool packs in their child's pack lunch boxes
- Food preparation areas are cleaned before use as well as after use.
- There are separate facilities for handwashing and for washing up.
- All surfaces are clean and non-porous.
- All utensils, crockery etc are clean and stored appropriately.
- Waste food is disposed of daily.
- Children do not have access to the kitchen.
- Adults do not carry hot drinks through play areas and do not place hot drinks within the reach of children.
- Snack and mealtimes are appropriately supervised by a First Aider and children do not walk about with food and drinks.
- We operate systems to ensure that children do not have access to food/drinks to which they are allergic.
- When children take part in cooking activities, they:
  - are supervised at all times;
  - 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.
- Before a child is admitted to Pollyanna we obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements, including cultural/religious preferences.
- All allergies will be recorded and staff advised. Information will also be stored in the kitchen for the person preparing snack.
- Pollyanna is a nut free setting. All parents are advised that no nuts or nut products should be in lunch, and any nut products will be removed and given back to the parents unopened at collection time. No snack products will contain nuts. As we are a pack-away setting, we are especially vigilant where we have a child who has a known nut allergy, to ensure surfaces are cleaned down prior to snack preparation, in addition to our normal hygiene procedures.
- Fresh drinking water is available at all times.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We organise snack times so that they are social occasions in which children and staff participate.
- We use snack time to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

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- For children who drink milk, we provide semi-skimmed pasteurised milk.
- We notify Ofsted in writing as soon as it is reasonably practicable to do so, but in any event not later than 14 days after the event has occurred, of any food poisoning incident affecting two or more children looked after on the premises.

### Healthy eating

- All snacks are healthy, balanced and nutritious, and are prepared in the kitchen by a staff member with Food Hygiene training. The kitchen provides space for the hygienic preparation of food and is adequately equipped to provide healthy meals, snacks and drinks for children as necessary.
- We provide fruit, vegetables and low fat carbohydrates such as bread sticks and crackers at snack time and offer children the choice of either milk or water to drink. On special occasions (Christmas, Easter) we may offer alternatives but will avoid large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We encourage healthy alternatives in the lunch boxes and sweet foods are limited to small treat size options. Also, we ask that water bottles contain only water for the children to drink out of during the day (although we do have water available for them if required) and any fruit juices are for their lunchboxes in cartons that can be disposed of after eating their meal.
- Guidance and ideas for healthy lunchboxes can be found at <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>
- There is also an Eatwell guide which helps with the amounts of each food type a child should have. That can be found at [www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx)
- We do not give out sweets or treat foods for birthdays or special occasions. Parents or carers are very welcome to bring something in to hand out to other children at the end of the pre-school day should they wish. However, please refrain from bringing any products containing nuts.

### Packed lunches

Parents of children attending at lunch time are informed of our healthy eating guidelines and that packed lunches cannot be refrigerated. Parents are advised to:

- Ensure packed lunches with perishable contents contain an ice pack to keep food cool.
- Provide sandwiches with a healthy filling, fruit, and milk-based desserts such as yoghurt or crème fraiche. We encourage children to have water to drink, although a small carton of fruit juice is allowed during lunch that can be disposed of after eating. Any drinks bottles must contain only water.
- Refrain from packing lunch contents that consist largely of crisps, processed foods, sweet drinks, and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort.
- Not to include nuts or nut products, including cereal bars and hazelnut spread.
- Cut grapes, cherry tomatoes, olives, etc in half lengthways to reduce the risk of choking.

### Further guidance

- EYFS 3.47-3.49
- Food Standards Agency [www.food.gov.uk](http://www.food.gov.uk)
- <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>
- [www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx)



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## Review and Approval

This policy was adopted on: \_\_\_\_\_

Signed by Management Committee: \_\_\_\_\_ 

Print Name: Carl Sautereau

Date of Renewal: September 2024