



## Safer Eating

### **Provided food**

Where children are provided with meals, drinks and snacks, these must be healthy, balanced and nutritious.

Food must be prepared safely to ensure there are no choking hazards.

Those responsible for the preparation and handling of food must be competent to do so. All staff hold a Food Hygiene level 2 certificate.

### **Drinks**

Fresh water must be available at all times.

Practitioners will ensure that children have access to fresh drinking water throughout the day. Milk is also offered at structured drinking times.

### **Food Poisoning**

We will notify OFSTED of any poisoning affecting two or more children looked after on the premises. Failure to comply with this requirement without reasonable excuse is an offence.

### **Notifiable Diseases**

If we have reason to believe that any child is suffering from a notifiable disease identified in the Public Health (Infection Diseases) Regulations 1988, we will inform OFSTED.

We will act on the advice given by the Health Protection Agency's list of notifiable diseases provided in the EYFS.

### **Dietary needs and allergies**

We will obtain, record and act on information from parents regarding a child's dietary needs. Forms are given on enrolment and parents are asked to keep us updated should anything change.

An allergy action plan is created for those with allergies and is monitored and updated regularly.

These dietary needs, allergies and intolerances are shared with all staff and are displayed in both the food preparation area and also the food service area.



The staff member delivering the food to service is responsible for ensuring all the above needs are met.

Staff adhered to the below food labelling for allergens

### **Allergen Label Key**

**Please place the correct sticker label to ALL food packaging and use for reference**

- Contains Gluten**
- Contains Dairy**
- Gluten-Free**
- Dairy-Free**
- Safe for All**

### **Food Hygiene**

All staff hold a Level 2 Food Hygiene Qualification.

We are aware of our responsibilities under the hygiene legislation including registration with the Local Authority Environmental Health Department.

Food hygiene matters are included in staff inductions and ongoing food hygiene training is available to staff.

### **Packed Lunches**

Parents providing packed lunches will be informed about what can be stored and about the appropriate food content. They are given a packed lunch policy on enrolment and reminded of this frequently. We understand young children often have strong preferences for one type of food or another and may show signs of an allergy towards certain foods.

To ensure that food meets the requirements of the maximum number of children and that it is of the highest quality, the following procedures should be followed:

- All food will be checked at the time of use to ensure that it is not past it's use by (or best before) date.
- All food will be checked at the time of use to ensure it is prepared in a safe way. For example grapes/tomatoes cut as required.



## Bizzy Bees Preschool Policies and Procedures

- No food with nuts or traces of nuts will be used. Any other specific dietary requirements are a matter for agreement between the nursery and the parents.
- If a packed lunch is not adhering nutritionally to our policy we will contact parents to support them in making small mindful changes to improve this.

### **Milk**

The welfare food scheme enables children under five to receive free of charge 189ml of milk each day they attend approved day care facilities for two hours or more.

Bizzy Bees have applied for and received approval to participate in this scheme in order that children in our care may benefit from it.

### **Water**

Water is available at all times in the setting.

Children will be assisted in obtaining a drink of water should they need help.

Children will be made aware that water is available at all times, and they may help themselves at any time if they wish for a drink.

The intake of water by children will be monitored for abnormally high or low intake.

We are aware of reports that some children behave in an increasingly hyperactive manner after drinking orange juice and other similar products which contain artificial additives designated by E numbers. We therefore only offer milk and water throughout the day. Parents are made aware of this policy when first applying for a child to come to the preschool.

### **Safer Eating**

A group of children are monitored by at least 2 members of staff whilst eating foods. All our staff are paediatric first aid trained in order to respond to any medical emergencies.

Children must always be within sight and hearing of a member of staff whilst eating.

Choking can be completely silent therefore it is important for providers to be alert to when a child may be starting to choke.

Where possible, providers should sit facing children whilst they eat so they can make 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.

### **Choking**



Bizzy Bees Preschool Policies and Procedures

When a child experiences a choking incident that requires intervention, providers should record details of where and how the child choked and parents and/or carers made aware. The records should be reviewed periodically to identify if there are trends or common features of incidents that could be addressed to reduce the risk of choking. Appropriate action should be taken to address any identified concerns.