

LGCS Policy	Food and Drink in EYFS					
Approved by	LAC	Issue Date	Mar 2023	Review Date	Mar 2026	
Audience	Trustees		Staff	✓	Pupils	
	Local Academy Council		Parents	✓	General Public	

Overall Aim of Statement:

EYFS (Pre-School, Nursery, and Reception) will aim to provide a varied range of healthy and nutritious snacks for the children. Staff will give the children the opportunity to be independent, make choices and be aware of good health and hygiene practices at all times

Specific Objectives/Statements and Procedures:

Staff

1. All staff who prepare snack have an up to date Food Hygiene Certificate, which is renewed every three years.
2. We use reliable suppliers for the food we purchase. This is usually from local supermarkets or from the school kitchen.
3. 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.
4. Packed lunches are stored in a cool place; un-refrigerated food is served to children within 4 hours of preparation at home. We encourage the use cool packs in packed lunches.
5. Food preparation areas are cleaned before use as well as after use using ant bacterial cleaner.
6. There are separate facilities for hand washing and for washing up.
7. Staff are encouraged to 'model' good practice throughout each session and especially at 'lunch club' both with choice of food, eating, table manners and hand washing.
8. All surfaces are clean and non-porous.
9. All utensils, crockery etc. are clean and stored appropriately.
10. Waste food is disposed of daily.
11. Cleaning materials and other dangerous materials are stored out of children's reach.
12. An allergy list is displayed on the white board with child's initials by any allergies. The list is also displayed in the kitchen area.
13. Where possible every effort will be made to recycle packaging and food waste will be kept to a minimum.

Children

1. Children are encouraged to wash hands before eating food and after toileting.
2. Children do not have unsupervised access to the kitchen.
3. 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.
4. Children will be discouraged from sharing snacks/lunch with each other to adhere to hygiene guidelines/allergies.
5. The children are encouraged to sit within a social group and learn to interact with their peers in a responsible and socially acceptable manner.
6. Adults pour drinks and children choose their own snack.
7. The likes/dislikes of each child is taken into consideration when planning the snack and a choice of two different ones will be offered. All children are encouraged to try different foods.

Parents/Carers

1. Parents/Carers are required to fill in a registration form (which is reviewed termly) which details dietary needs, allergies, the dietary needs of religious groups, vegetarians, vegans etc. are requested. In some

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circumstances of a specific dietary need, Parents/Carers are invited to bring in snack for their child and/or discuss with the Key Worker/ teaching staff suitable snacks to be provided.

2. Parents/Carers are invited to inform EYFs staff of their child's likes/dislikes when they first join through discussion with the staff.
3. Staff will regularly discuss with Parents/Carers any particular allergies or dietary needs and they will be consulted with regards to planned snack menus.

Equal Opportunities

1. Pre-School will consider every child's dietary needs.
2. Children will be encouraged to sample food from different cultures and learn about any significance that food may have within tradition or religion.
3. Children will learn about the importance of food when celebrating culture and tradition.