

SURBITON HILL NURSERY SCHOOL

Food Safety Policy & Healthy Food Statement

Based on Guidance from May 2025

https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf

Rationale

As a Healthy Early Years London setting we want to ensure that we promote the health and well-being of the whole setting community through all aspects of food and nutrition and provide consistent messages to children, parents/carers and staff. The EYFS framework sets out guidance on how to take all necessary steps to keep children safe and well.

Surbiton Hill Nursery is inspected routinely by Environmental health to ensure health and hygiene standards are being met. We are very proud to have 5* rating.

Surbiton Hill Nursery is committed to ensuring that safe and healthy practices around the storage, preparation and service of food are maintained throughout the setting. We make use of the guidance published by the Food Standards Agency (FSA).

Cleaning of Food Preparation Areas

The setting has set high standards of personal hygiene for all members of staff involved in the handling and preparation of food. Any person showing signs of ill health will not be permitted to handle food.

Fridges are cleaned thoroughly on a weekly basis and all items in the fridge are date checked, all food past their use by or best before date are correctly disposed of.

- Shelves and drawers are removed and cleaned with warm soapy water.
- The inside walls are cleaned from top to bottom with anti-bacterial cleaner.
- The seals around the fridge are cleaned to ensure no spillages or stains.
- Freezers are defrosted (on non-frost-free) and cleaned once a month following the same procedure.

All food preparation surfaces are wiped clean after use with anti-bacterial cleaner and disposable cloths.

All chopping boards are cleaned after use with warm soapy water, anti-bacterial cleaner and then thoroughly rinsed.

The manager will ensure that kitchen staff follow the appropriate controls are in place to prevent cross contamination and that these controls are documented accordingly.

Temperature control

It is the policy of Surbiton Hill Nursery to ensure that all foods are stored according to safe food handling practises and at the correct temperature in order to prevent the growth and

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multiplication of food poisoning organisms, to reduce the rate of food spoilage and to ensure that food quality is maintained.

Fridge temperatures are checked and recorded daily to ensure the correct temperature is being upheld.

Food Preparation and guidelines

When preparing food, staff (kitchen or general) will observe current legislation regarding food hygiene and training by:

- Washing hands with anti-bacterial soap and hot water before and after handling food, using the toilet, or changing nappies.
- Using clean, disposable cloths
- Ensuring the use of the correct colour coded chopping boards (e.g., red for raw meat etc.)
- Not being involved in food preparation if they are unwell.
- Wearing correct sterile clothing- hair net, apron, closed toe shoes and disposable gloves etc.
- Holding a current Food Hygiene certificate.
- Making sure all fruit and vegetables are washed before being served.
- Avoid wearing jewellery, especially rings, watches, and bracelets.
- Any cuts, spots or sores on the hands and arms must be covered completely with a waterproof dressing.
- Fingernails should be kept short and clean, food handlers, including children should not wear nail varnish as this may contaminate food.
- If wearing nail varnish to wear blue gloves

Allergies/Restrictions

The nursery caters for children's specific dietary needs that may include allergies or food intolerances (confirmed by a doctor/dietician in writing), or because of religious, cultural, or ethical reasons.

Staff are made aware of children's specialist requirements through individual care plans and other information provided by parents.

If food restrictions are at the preference of parents and not a medical need, parents are required to provide "free from" alternatives in an unopened packet to the nursery.

To help to manage the risks associated with food allergies or intolerance the nursery has the following in place.

- Pre-entry information from parents
- Induction information from staff
- Food allergen risk assessment
- Excellent food hygiene practises (5* rating)
- Written procedures for children with food related conditions.
- Place mats with child's name and food restrictions
- Green allergy plates and cups

Procedures and approach to healthy eating

Healthy Eating & Menu planning

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At Surbiton Hill Nursery, we believe that nutritious food and drink are essential for children's wellbeing. We create a seasonal menu to reflect the time of year and also incorporate foods that will be familiar to the children. Our menu planning is done in consultation with staff and parents based on our home visit information. Our menu will change each term to ensure that children are introduced to new foods and flavours.

During meal and snack times, we will always encourage children to gain an understanding of how food and water is an essential part of growing big and strong. Our aim is to meet the dietary and cultural requirements to promote children's healthy growth and development. All Children will always have access to fresh drinking water during their day and during mealtimes.

We will ensure that all meals and snacks are nutritious, healthy, and balanced. Children's medical and personal dietary requirements are always known and respected (Parents/carers are required to provide details when their child is enrolled into the nursery). Multicultural diet is always offered, to make sure those children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try new food. Dietary rules of religious groups, vegetarians/vegans are known and met in an appropriate way, making sure that they are always respected and valued within the setting.

Our meals and snacks are scheduled at regular times

Either a meal or a snack is offered to children at least every 1½ – 3 hours. This is because children have small stomachs and high nutrient needs as they grow and develop, and to play and learn.

Only drinking water or milk is provided.

Fresh drinking water at all times

We serve age appropriate portion sizes

We serve small portion sizes on child sized plates. It is better for children to ask for seconds than to serve them too much.

Children are not praised for finishing the food on their plate. This helps children to recognise when they are hungry and when they have eaten enough.

Snacks served are mini-meals, with components as healthy as mealtime choices.

Meal and snack times are relaxed, calm and with shared conversation

Meal and snack times are recognised as an important time to develop verbal skills as well as a time to learn about healthy eating.

We eat with the children at mealtimes and eat the same food. We can easily offer help, role model good manners and eating behaviour, direct conversation, and create a calm and relaxed eating environment. At the same time we can supervise the children eating.

We provide an environment/routines to make the dining room/snack area suitable for children such as opportunities for the children to clear up after themselves.

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Children are encouraged to try healthy foods

Children are encouraged to have a little of the different dishes on their plate and to have a balanced diet.

Dried fruit is not served as part of a snack as this can cause tooth decay.

Children are allowed to say 'no' to foods and all food served is healthy.

Food is not used as a reward or punishment.

Children are not praised for finishing the food on their plate but will be praised for trying different foods.

We use food to support the development of children

All children in our setting are given opportunities to explore food using their different senses.

Children are involved in food growing and in food preparation, such as simple cold dishes: sandwiches, dips, salads.

Children are encouraged and helped to be successful in whatever self-feeding and self-serving they are capable of doing to support their growing independence, for example, providing jugs for children to serve their own drinks. Food is served in a form that young children can eat with minimum assistance and without choking.

Our parents and/or carers are given information on the meals and snacks provided

We tell parents and/or carers how well their child ate during the day and foods they particularly enjoyed or tried. Children benefit when parents and practitioners share information and work together.

We support parents to do the best for their children

We ask for food brought from home to meet the Voluntary Food and Drink Guidelines for Early Years Settings in England.

We encourage eligible pregnant women and mothers with children under four to register with the Healthy Start scheme and access the weekly food vouchers and free Healthy Start vitamins.

We provide effective support and information for parents and carers about all aspects of feeding young children.

We provide information about any workshops and parenting programmes on healthy eating that are offered by local Children Centres/external agencies.

We provide suitable food for all.

Children with complex needs have their nutrition needs taken into account and we liaise with other professionals in regard to this.

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A food/drink substitution made in case of allergies will be similar in nutrient content to the food/drink it replaces.

Foods served reflect the ethnicity and cultures of all children using the provision.

Parents and/or carers are asked for advice to ensure the needs of all children are met and we learn from carers and parents' experiences and suggestions.

Special occasions and birthdays are celebrated with mostly healthy foods or with non-food treats

We promote non-food celebrations and treats, such as wearing a special lanyard, which are pleasant alternatives to birthday sweets. If food is used for celebrations it forms part of a balanced meal provision and does not replace healthy foods.

Only healthy drinks are provided

Drinks are offered in an open cup unless a child has specific needs that require an alternative.

Drinking water is available at all times.

We have received food safety and hygiene training if involved in preparing and handling food.

We have undertaken other relevant training to keep me up to date on healthy drinks and foods suitable for children under five.

Food safety advice for children age 5 and under

How to reduce the risk of choking

Food preparation:

- remove any stones and pips from fruit before serving
- cut small round foods, like grapes, strawberries and cherry tomatoes, lengthways and into quarters
- cut large fruits like melon, and hard fruit or vegetables like raw apple and carrot into slices instead of small chunks
- do not offer raisins as a snack to children under 12 months – although these can be chopped up as part of a meal
- soften hard fruit and vegetables (such as carrot and apple) and remove the skins when first given to babies from around 6 months
- sausages should be avoided due to their high salt content, but if offered to children these should be cut into thin strips rather than chunks and remove the skins
- remove bones from meat or fish
- do not give whole nuts to children under five years old- School is nut aware and no nuts are served in school.

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- do not give whole seeds to children under five years old
- cut cheese into strips rather than chunks
- do not give popcorn as a snack
- do not give children marshmallows or jelly cubes from a packet either to eat or as part of messy play activities as they can get stuck in the throat
- do not give children hard sweets

Supervision

Young children should be seated safely in an appropriately sized low chair while eating. They should be encouraged to remain seated whilst eating any food and to have swallowed what is in their mouth before leaving the table. Infants and young children should never be left alone while they are eating, and staff should be familiar with paediatric first aid advice for children who are choking. Adults remain at the table with children whilst eating to ensure they are supervised. All children will be seated so that adults can see them. Using a circular table.

The criteria for effective Paediatric First Aid (PFA) training can be found in the statutory framework for the early years foundation stage, Annex A.

This will next be reviewed in May 2027 or updated if any other information should change within legislation.

This policy links with Health and safety, Child Protection and First Aid

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