

Safer Eating and Nutrition Policy



Kids2Day Pre-School is committed to ensuring that safe and healthy practices around the storage, preparation and service of food are followed at all times. Staff involved in food handling and preparation have to meet high standards of personal hygiene. Any member of staff showing signs of infection or ill health will not be permitted to handle food.

Kids2Day Ltd follows the guidelines set out in 'Safer Food, Better Business' (FSA) and is registered as a food business with our local authority. We are regularly inspected by Environmental Health to ensure that health and hygiene standards are being met.

Food Handling

All staff involved in food handling have received food handling and hygiene training as well as allergy awareness training. When preparing food, staff follow the requirements of current food hygiene legislation, including:

- Always wash hands with anti-bacterial soap and hot water before and after handling food and using the toilet. Wear clean gloves and a clean apron.
- Using clean, disposable cloths
- Using the correct colour coded chopping boards (e.g. green for fruit and veg, Purple for allergies)
- Not being involved in food preparation if they are unwell
- Making sure all fruit and vegetables are washed before being served and cut correctly according to the 'early years choking hazards food safety advice'
- Removing jewellery, especially rings, watches and bracelets, before preparing food

Food storage

All foods are stored according to safe food handling practices and at a correct temperature, to prevent the growth of food poisoning organisms and to ensure that food quality is maintained. Any opened products will be clearly labelled with an opening date and disposed of accordingly. Fridge temperatures are checked and recorded on a twice daily basis as part of our daily environment checks. If it is noted that there are temperature fluctuations that are not explained by simple user error (e.g. failure to close the fridge properly), a new fridge will be purchased.

Cleaning

- The fridge is cleaned thoroughly, with warm, soapy water, on a weekly basis.
- Food is checked for freshness – anything past the use by date will be disposed of.
- All food preparation surfaces and eating areas eg table and chairs are wiped clean before and after use with anti-bacterial cleaner and disposable cloths.

- All chopping boards, bowls and utensils are cleaned after use with warm soapy water, anti-bacterial cleaner and then thoroughly rinsed or washed in the dishwasher.
- Appropriate controls are implemented to reduce the risk of cross contamination.

Supervision

Children **MUST** remain seated while eating and are supervised by a qualified paediatric first aid at all meal and snack times. The member of staff must be in close proximity (snack prep area) to the children or seated at the head of the table so they can see all children eating and quickly detect any signs of choking. At meal time the table is set up for all children to sit so adults can see them clearly and everyone is aware that only adults sit on the different-colored chair and the head of the table. At Lunch time staff member is responsible to check all children's lunchboxes to ensure no items are included that are exempt eg containing Nuts and other items are prepared according to the 'early years choking hazards food safety advice'

Healthy Eating and Nutrition

Kids2Day Pre-School provides and promotes healthy, nutritious and balanced food and drinks. Food and drink are safely prepared with regard to the dietary and religious requirements of the children in our care. We ask parents to notify us regarding any special dietary requirements or allergies when they register their child and keep us updated of any changes.

Information regarding individual food allergies or intolerances is recorded in the Allergy Information folder which is visible to staff within the food preparation area.

Kids2Day Pre-School promotes healthy eating and leads by example.

- We provide suitable healthy snacks consisting of three different types of fruit/veg and a savoury item as well as the option of a cup of milk (milk substitutes available if needed). Children choose their own snack from the choice menu but are encouraged to try new foods.
- Children are encouraged to develop good eating skills and table manners, all children **MUST** sit at table when eating and are given plenty of time to eat.
- Where appropriate, children are involved in planning and preparing food and snacks.
- Only water is permitted in children's drinking bottles and fresh water is available at all times throughout the day for children to help themselves too. Other healthy drinks like fruit juice, squash and smoothies are only permitted in lunch boxes to be consumed at lunch time.
- Withholding food is never used as a form of punishment.
- Staff discuss with children the importance of a balanced diet where appropriate. Cooking and learning about sustainability of food like 'growing our own' is a great experience for young children and helps to create a positive relationship with food.
- The Pre-School does not regularly provide sweets for children.
- We limit access to fatty or sugary foods.

- Parents are encouraged to pack their child a healthy and nutritious lunchbox, free from nuts or products containing nuts. Sweets or chocolate bars should not be included. Parents are provided with lunchbox tips information sheet on enrolment.
- Children are never forced to eat or drink anything against their will.
- Children who have individual needs around certain foods they can eat, e.g. sensory issues, a working in partnership form will be completed to ensure we provide and support their specific needs.

Food Poisoning

Should there be an occurrence of food poisoning within the setting, affecting 2 or more children, OFSTED will be contacted as soon as possible.

Useful links

[Early Years Foundation Stage nutrition guidance](#)

This policy was adopted by: Kids2Day Pre-school	Date: 07.08.2026
To be reviewed: August 2027	Signed:

Written in accordance with the *Statutory Framework for the Early Years Foundation Stage sept (2026): Safeguarding and Welfare Requirements: Food and drink [3.63], safer eating [3.64 - 3.71] food and drink facilities [3.72], & Early years foundation stage nutrition guidance [pg 13-18, 26-37]*