



Brenchley Preschool.

Healthy and Safer Eating Policy.

Promoting health and hygiene

Policy statement

This setting regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack times and during Breakfast and Twilight (Wraparound care). We provide nutritious food, which meets the children's individual dietary requirements as needed.

Procedures

We follow these procedures to promote healthy and safer eating in our setting.

- Before a child starts to attend the setting, we will obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements. This is shared with all members of staff and is reviewed regularly.
- We will have ongoing discussions with parents/carers and where needed health professionals to develop allergy action plans for managing any known allergies or intolerances. This information will be kept up to date and shared with all staff.
- The parents will be required to sign the updated record to signify this is correct.
- All staff members are paediatric first aid trained having attended the 12-hour paediatric course.

Choking

- Food will be prepared and managed to prevent choking.
- Children will be seated safely in the appropriately sized low chairs whilst eating.
- The children will be seated in a designated area where the distractions are minimised as much as possible.
- All children will always be within sight and hearing of a member of staff whilst eating at any time throughout the day this includes if a child arrives at Preschool eating food.
Choking can be completely silent therefore it is important for the staff to be alert to when a child may be starting to choke. Where possible, staff will 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.
- When a child experiences a choking incident that requires intervention, Brenchley Preschool will record details of where and how the child choked and parents/carers will be made aware.
- Records will be reviewed regularly to identify if there are trends or common features of incidents that could be addressed to reduce the risk of choking, and the management team will ensure appropriate action is taken to address any identified concerns.

Allergies/Intolerances/Dietary requirements

- Before a child starts to attend the setting, we will obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements.
- This information will be shared with all staff involved with the preparation and handling of food.
- At each mealtime and snack time Helen Excell, Zena Ames and Claire Thake will be responsible for checking that the food provided by the setting meets the requirements for each child.
- We operate systems to ensure that children do not have access to food/drinks to which they are allergic.
- Parents whose children have allergies/intolerances are sent out a disclaimer letter asking them to make a choice if they would give permission for their child to eat foods which have the new labelling from manufacturers stating: Not suitable for customers with an allergy due to the manufacturing methods not the ingredients.
- We have a member of staff responsible for reviewing children's allergies, this is Helen Excell our Health & Safety Officer

- In view of the number of children who suffer from allergies, peanuts, peanut butter and any products containing nuts are **not** allowed on the premises and should not be used in any circumstances. If they do appear in the setting, we remove and return to parent with a note.
- We operate systems to ensure that children do not have access to food/drinks to which they are allergic.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes, notices are displayed at snack bar.
- We will also have ongoing discussions with parents/carers about the stage their child is at in regard to introducing solid foods, including understanding textures the child is familiar with.
Assumptions will not be made based on the age of the child. We will prepare food in a suitable way for each child's individual developmental needs working with the parents/carers to help children move on to the next stage at a pace that is right for the child.
- We provide nutritious food for all snacks, breakfast and twilight avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.

- We include a variety of foods from the four main food groups:
 - Starchy carbohydrates.
 - Protein.
 - fruit and vegetables.
 - Dairy or alternatives.

- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- 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 meal and snack times 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.

- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can get water at any time during the day.
- All children also bring in their own individual water bottles.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide semi-skimmed pasteurised milk at snack times.

Packed lunches

- Ensure perishable contents of packed lunches contain an ice pack to keep food cool by asking the parents to provide an ice pack within their individual lunchboxes;
- Inform parents of our policy on healthy eating.
- We have a named member of staff Claire Thake who is responsible for checking the packed lunches provided by parents/carers. These are checked daily to make sure that food items are cut up correctly and contain no nut products or other allergens children may have an allergy or intolerance to.
- Staff will sit with children whilst eating packed lunches making sure they are in sight and hearing of children, encouraging children to eat the food provided and replace anything not consumed in their packed lunch box. This will help the parent monitor their child's eating habits. We will also return empty packaging to help with recycling and composting aiding our carbon footprint on the environment.
- Refer to the Food and Nutrition Policy for further information.

Legal Framework

- Early years Foundation Stage Statutory Framework September 2025.
- Early Years Foundation Stage Nutrition Guidance May 2025.
- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

Further guidance

- *Safer Food, Better Business*
www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/

This Policy was reviewed at a Management Meeting held on 1st September 2025.



Mrs Victoria Relle – Chairman of Brenchley Preschool



Brenchley Pre-School Limited

Healthy and Safer Eating Policy

Staff Member	Signature	Date
Sian		
Helen		
Zena		
Kirsty		
Trina		
Elaine		
Claire		
Eryn		
Lucy		
Lizzie		