



Food Safety and Nutrition Policy

(including Packed Lunch Guidance)

The EYFS requirements state that : ‘Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious (3.55).’

At Pippins Daycare we are classed as a ‘low risk’ establishment, we do however make use of the guidance published by the Food Standards Authority (FSA) and the EYFS Nutrition Guidance (April 25).

In our setting, we prepare a daily snack of fruit, vegetables with a dry food item (e.g. biscuit/cereal etc) with a choice of milk or water.

At Pippins Daycare an important part of our curriculum is to encourage children to make healthy food choices. We endeavour to involve children and parents in learning about the importance of eating healthily by relating topics and sending out weekly emails. All children are encouraged to eat their fruit or vegetables at snack time and parents are encouraged to include fruit and vegetable in their packed lunches.

Preparation of Snack

At Pippins Daycare :

- All staff hold a Food Hygiene Certificate;
- Food is prepared in the kitchen where a Kitchen Cleaning Rota is displayed;
- Pippins have our own Fridge in the kitchen and the temperature are checked and recorded daily;
- All staff MUST wash their hands with antibacterial soap with hot water before and after handling food;
- Staff must not prepare food if unwell and any cuts and sores must be covered with a blue plaster;
- Snack is brought into nursery on the Church Trolley which is sanitised before use;
- Chopping boards are cleaned with the ‘two stage cleaning method’ before use;
- All fruit and vegetables are washed before serving;
- Spillages are cleaned with paper towels.

Cross Contamination

Cross contamination of food can occur in the following ways:

- By ‘ready-to-eat’ food coming into contact with raw food;
- By ‘ready-to-eat’ being prepared on unclean surfaces;
- Through poor hygiene practices (including primary and secondary transferring of allergens to children with allergies);
- By pests.

Allergies

On entry to nursery, all parents are asked to document any known allergies. A Health Care Plan is then completed for each child with known allergies detailing the following:

- The allergen (the substance, material, living creature);
- The signs and symptoms to be aware of (rash, swollen tongue);
- What to do should the child have an allergic reaction including any medication required;
- Control measures.

Staff are made aware of the children with allergies using the Allergies and Dietary Requirement Sheet (located in the kitchen cupboard and also on the Snack Trolley each day).

At Pippins Daycare we encourage children to try new foods often. Should staff suspect a new reaction, the Manager MUST speak to the parent advising them to seek GP guidance.

Reactions and anaphylaxis

A severe reaction called anaphylaxis or anaphylactic shock can occur. This is a medical emergency that can be life threatening and needs urgent treatment.

All staff are Paediatric First Aid trained to administer autoinjector if necessary. Should a severe reaction occur we will administer the 'Epipen' and call 999. You should use the child's second autoinjector if they have one if they haven't improved after 5 minutes. A child who is showing signs of anaphylaxis should never walk to a new location. Where necessary, they should be carried to a suitable safe location away from an allergen (for example, if a food item was spilt in their vicinity).

Allergens

There are 14 common allergens. These are:

- celery
- cereals containing gluten (such as wheat, barley and oats and some flours)
- crustaceans (such as prawns, crabs and lobsters)
- eggs
- fish
- lupin (such as bread made using lupin seeds)
- milk
- molluscs (such as mussels and oysters)
- mustard
- peanuts
- sesame
- soybeans
- sulphur dioxide and sulphites (sometimes found in dried fruits and fruit juices)
- tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).

At Pippins Daycare, we work with all our parents by communicating known allergies to ensure that no items are brought into nursery in packed lunches.

Food brought into nursery from home

At Pippins Daycare parents provide packed lunches from home. All children bring in their named lunch bag and drink bottle. These are not stored in a fridge therefore parents are encouraged to add an ice pack. Nursery ice packs are available too.

When a child is starting to stay for lunch, parents are given information to help them prepare a healthy and balanced lunch. This information will include the importance of a balanced diet for children. Fruit and vegetables, carbohydrates, proteins & dairy should be included and foods high in fat or sugar should be limited.

(Ref: help-for-early-years-providers.education.gov.uk/health-and-wellbeing/oral-health)

Our suggestion of a balanced, healthy packed lunch is:

- A sandwich including a protein filling;
- Vegetable sticks;
- Fruit;
- Cheese/Yoghurt;
- A savoury snack;
- A small pudding;
- Water.

Should staff become concerned that a child's lunch is unhealthy or that the portion sizes are not appropriate for the child's age and needs, this will be discussed with the parent.

When a child has a severe allergy, ALL parents are advised NOT to include these food items in packed lunches. For example, packed lunches should not include peanut butter sandwiches if we have a child with a nut allergy and for example, scotch eggs should not be included if we have a child with an egg allergy. This will be constantly reviewed according to new children and new allergies arising during each school year.

Allergies & Dietary Requirement Sheet/Risk Assessments are in place for individual allergies.

Choking Hazards

Some young children are still learning to chew properly. In order to avoid choking Pippins Day Care will help to reduce the risks of choking on some foods by changing their size, shape or texture, and by serving certain foods in small, manageable bites. Some foods are easy for young children to choke on when swallowing because they are the same size and shape as a child's airway. Children under 4 years of age are at the greatest risk of choking. Children will be offered a wide variety of food.

- Children must always be supervised during meal times

- Fruit should be cut into slices
- Soft, round foods such as sausages must be cut into short strips rather than round pieces.
- Foods such as carrots should be cut into sticks – not round pieces.
- Cheese should be grated or thinly sliced – no chunks allowed.
- Grapes, cherries, berries, strawberries or cherry tomatoes should be cut lengthways and then again into quarters
- No nuts or seeds
- Children should have a calm, unhurried lunch/snack time.
- Children should not eat when walking, and should have swallowed all the food in their mouths before moving from the table
- Staff should model safe eating habits and chew thoroughly.
- Children should sit up straight whilst eating and be seated at a table.

In the event of a child choking:

In the event of a child choking, please follow Paediatric first aid guidance as follows:

- **Encourage the child to cough** – this may clear the obstruction
- If this has no effect then **deliver up to 5 sharp back blows**
- If the child is small it may be possible to lay them across your lap facing down. Otherwise, support them standing up leaning forward and bent over. Deliver up to 5 sharp back blows in the middle of the back between the shoulder blades using the heel of your free hand
- If this has not removed the obstruction, and they are still conscious, you must start **abdominal thrusts**
- Stand or kneel behind the child and wrap your arms around them just below the rib cage and above the navel. Clench one fist with the flat thumb side positioned above their navel and grasp this with the free hand
- **Pull sharply inwards and upwards up to 5 times**
- Be careful not to pull onto their rib cage or the bottom of their breastbone

Remove any obvious sign of obstruction, but do not make a blind attempt to remove something that you cannot see. You may actually force the obstruction further down the airway

If after 3 cycles of 5 back blows and 5 abdominal thrusts the obstruction has not been removed, then you must call for an ambulance and continue with the cycle.

If the child becomes unresponsive perform CPR.

Please refer to the 'Early Years Food Choking Hazards Poster (FSA) which can be found with this Policy and in the Kitchen.

Ref: EYFS 3.55, 3.56

May 2025



Packed Lunch Guidance

Staying for lunch at nursery is a special time. At Pippins the children all sit together with the staff and during this time, we encourage conversation and good manners.

All children need to bring in their named lunch bag and drink bottle. These are not stored in a fridge therefore parents are encouraged to add an ice pack. Children are encouraged to be independent by getting food items out of their lunch bag in the most appropriate order, with sweet/small treat items being left until the end (once the healthy items have been eaten). Please also include cutlery for items such as pasta and yoghurt etc.

At Pippins, an important part of our curriculum is to encourage children to make healthy food choices. All children are encouraged to eat their fruit or vegetables at snack time and parents are encouraged to include a range of fruit and vegetables in their packed lunches.

A balanced diet is so important for children. Fruit and vegetables, carbohydrates, proteins & dairy should be included in their daily meals and foods high in fat or sugar should be limited.

Did you know 1 in 5 children have tooth decay?

Did you know milk and water are the only safe drinks to give children for their oral health? Fruit juice and smoothies should not form part of their daily diet.

Our suggestion of a balanced, healthy packed lunch is:

- A sandwich including a protein filling;
- Vegetable sticks;
- Fruit;
- Cheese/Yoghurt;
- A savoury snack;
- A small pudding;
- Water.

Allergies

When a child has a severe allergy, ALL parents are advised NOT to include these food items in packed lunches. **Our current allergies include EGG and NUTS.**

Therefore, please can we ensure that packed lunches do not include items such as peanut butter sandwiches/whole nuts or egg sandwiches/scotch eggs. (Items that contain baked egg are fine).

Choking

Some foods are easy for young children to choke on when swallowing because they are the same size and shape as a child's airway. Children under 4 years of age are at the greatest risk of choking.

With this in mind, please ensure that items such as cherry tomatoes, grapes, olives, strawberries, cocktail sausages etc. are always cut into half and then half again, lengthways.

Other foods such as popcorn, mini eggs, etc. also pose a choking threat. Please see the attached guidance (FSA) on choking hazards for children under 5 years old.

We look forward to sharing our lunchtimes with your little ones!!