



Food and Drink Policy

At Rainbow Preschool, we regard snack and meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We comply with food safety and hygiene regulations when storing and preparing food.

We aim to meet the full requirements within the Statutory Guidance of the Early Years Foundation Stage (Welfare Requirements, Safeguarding) with regard to food hygiene, registration and training. We follow the procedures below to promote healthy eating in our setting.

In particular, each adult will:

- Always wash hands under running water before handling food and after using the toilet.
- Not be involved with the preparation of food if suffering from any infectious/contagious illness.
- Never cough or sneeze over food.
- Use different cleaning cloths for kitchen and toilet areas.
- Keep food covered and refrigerated.

We record information about each child's dietary needs and ensure this information is accessible to all.

All staff involved in the preparation of food hold a level 2 Food Hygiene and Safety Certificate.

We are inspected by North Somerset Council Food and Safety Department and hold a current 5 star Food Hygiene rating.

For safety, at both snack time and lunch time, children are accompanied by at least one adult at all times.

We organise meal and snack times so that they are social occasions in which children and staff participate.

We use specific meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.

Children have access to their own water bottle throughout the day which they can freely access at any time. In addition there are clear organised opportunities to drink water.

- We give parents who provide food for their children information about suitable containers for food and advise a freezer pack is added to lunchbox as we are not able to provide refrigeration.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- We provide both cows milk and oat milk.

Packed lunches

For packed lunches we:

- Encourage the use of an ice pack to keep food cool.
- Inform parents of our policy on healthy eating.
- Encourage parents to provide sandwiches with a healthy filling and fruit or vegetables within the children's packed lunch box. We provide children with water or milk to drink.
- Discourage packed lunch contents that consist largely of crisps, processed foods, fizzy drinks and sweets.
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.

Storage and Preparation of Food and Drinks

- Staff who prepare and handle food receive appropriate training and understand and comply with food safety and hygiene regulations. (Regulation (EC) 853/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs replaces previous Food Safety Regulations and the requirements are set out in Safer Food Better Business obtainable from the Food Standards Agency). All staff that prepare food hold the Level 2 Food, Safety & Hygiene Certificate.
- All food and drink is stored appropriately.
- Children do not have unsupervised access to the kitchen.
- At least one person has an in-date Food Hygiene Certificate and disseminates this information to all staff members.
- All surfaces are clean and non-porous.
- There are separate facilities for hand-washing and for washing up.

Signed

Date

Review Date