

# St James Church Preschool CIO

## Food Safety and Nutrition Policy



### ***Policy Aim***

Our setting is a suitable, clean, and safe place for children to be cared for, where they can grow and learn. We meet all statutory requirements for food safety and fulfil the criteria for meeting the relevant Early Years Foundation Stage Safeguarding and Welfare requirements.

We recognise that we have a corporate responsibility and duty of care for those who work in and receive a service from our provision, but individual employees and service users also have responsibility for ensuring their own safety as well as that of others. Risk assessment is the key means through which this is achieved

Links to Early Years Foundation Stage: Safeguarding and Welfare Requirements: Food and Drink 3.55-3.570

### ***Food for mealtimes***

- FSA (Food Standards Agency) guidance is followed for general hygiene and safety in food preparation areas and where food is consumed. This includes cleaning surfaces in two stages; clean, then disinfect.
- Parents/carers share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis with their key person. This information is shared with all staff who are involved in the care of the child.
- We do not provide meals or snacks to the children in our care. Parents/carers supply their children with a lunch box if they are staying for lunch.
- Parents/carers are requested to provide a water bottle for their child, which is always made available to the child.
- We provide parents/carers with nutritional advice for consideration regarding the contents of lunch boxes brought in for children. Following dietary guidelines to promote health also means taking account of guidelines to reduce risk of disease caused by unhealthy eating.
- We provide parents with food safety guidelines regarding the contents of the lunch boxes brought in for children. These safety guidelines will be based on any allergies and intolerances of any children currently registered at the setting, as reported during registration.
- Care is taken to ensure that children with food allergies do not have contact with food products that they are allergic to.
- We ensure that children are supervised at mealtimes and that children are within sight and hearing of a member of staff.
- We notify Ofsted of any food poisoning affecting two or more children in our care as soon as possible and at least within 14 days.

- Risk assessments are conducted for each individual child who has a food allergy or specific dietary requirement.

### ***Food for play***

Some parents/carers and staff may have strong views about food being used for play. It is important to be sensitive to these issues. For example, children who are Muslim, Jewish, Rastafarian, or vegetarian, should not be given any food to play with that contains animal products (Gelatine). Parents/carers' views should be sought on this. In some cases, it is not appropriate to use food for play, particularly in times of austerity. We follow these food safety recommendations:

- Food for play may include dough, corn flour, pasta, rice, food colourings/flavourings.
- Jelly (including jelly cubes) is not used for play.
- Food for play is risk assessed against the 14 allergens listed in the FSA guide "14 Allergens" and is included in the written risk assessment undertaken for children with specific allergies.
- Staff are constantly alert to the potential hazards of food play, in particular choking hazards and signs of previously undetected allergies.
- Pulses are used only under adult supervision.
- The use of raw vegetables for printing is discouraged.
- Dried food that is used for play should be kept away from food used for cooking.
- Foods that are cooked and used for play, such as dough, have a limited shelf life.
- Cornflour is always mixed with water before being given for play.
- Cornflower and cooked pasta are discarded after an activity; high risk of bacteria forming.
- Utensils used for play food are washed thoroughly after use.
- Uncooked flour should not be used for activities where children are exploring through touch or taste, or there is a likelihood they will put their fingers in their mouths.

### ***Cooking activities***

- Before undertaking any cooking activity with children, members of staff should check for allergies and intolerances by checking children's records.
- Children are taught basic hygiene skills such as the need to wash hands thoroughly before handling food, and again after going to the toilet, blowing their nose or coughing.
- The area to be used for cooking is cleaned in the recommended two stages (clean, then disinfect); a plastic tablecloth is advised.
- Children should wear aprons that are used just for cooking. Aprons should be clean for each use.
- Utensils provided are for children to use only when cooking, including chopping/rolling boards, bowls, wooden spoons, jugs, and are stored in the kitchen.

- Members of staff encourage children to handle food in a hygienic manner.
- Food ready for cooking or cooling is not left uncovered.
- Cooked food to go home is put in a paper food bag and refrigerated until home time.
- Food play activities are suspended during outbreaks of illness.

### ***Playdough and raw (uncooked) flour***

- All flour including cornflour is raw until the point it is heated or cooked. Raw flour poses a risk of E. coli to young children and current advice is that it should not be used for play, or for uncooked playdough recipes. Only playdough that has been cooked or made with precooked flour should be used.
- If a child or member of staff is allergic to any of the ingredients in the playdough they must be replaced, and a safe alternative used.
- Staff have up to date information about children's allergies or concerns about a potential allergy and these are clearly displayed.
- If a younger child is likely to put the playdough/cornflour in their mouth, a safe alternative is provided.
- If a child is likely to eat the playdough due to persistent sensory seeking behaviours the activity will be replaced with a safe alternative.
- Children are always supervised when playing with playdough or cornflour.
- Children and staff wash their hands before and after the activity.
- You can do baking activities where flour is used and then the food is cooked. You must ensure that the activity is risk assessed, and children do not eat the uncooked flour or the mixture.

### Legal framework


- Early years foundation stage (EYFS) statutory framework
- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs.
- Food Information Regulations 2014
- The Childcare Act 2006

### Further guidance

- [www.food.gov.uk/business-guidance/safer-food-better-business-for-caterers](http://www.food.gov.uk/business-guidance/safer-food-better-business-for-caterers) (Food Standards Agency)
- 14 Allergens <https://www.food.gov.uk/document/14-allergens>

This policy was adopted by St James Church Preschool CIO (*name of provider*)  
 On 23<sup>rd</sup> September 2025 (*date*)

Date last updated	<hr/> 11 <sup>th</sup> November 2025	<i>(date)</i>
Date last reviewed	<hr/> 11 <sup>th</sup> November 2025	<i>(date)</i>
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Signed on behalf of the provider	
Name of signatory	<hr/> Jamie Chandler
Role of signatory	<hr/> Chair