



## **Food Safety Policy**

**Approved by headteacher – September 2025**

**To be reviewed – September 2026**

### **1. Purpose**

Wickham Pre-School is committed to ensuring that all food preparation, handling, and feeding practices protect children's health and wellbeing. We follow best practices to reduce the risk of choking and foodborne illness, and we comply with all statutory safeguarding requirements.

### **2. Legal and Statutory Context**

We base this policy on:

- The **EYFS Statutory Framework (2025)**
- The **Food Safety Act 1990** and **Food Information Regulations 2014**
- Current **allergen labelling laws** relevant to early years settings

### **3. Staff Competency and Training**

We ensure that:

- Anyone involved in food preparation or handling has completed food hygiene training
- At least one staff member with valid paediatric first aid certification is present during all eating times
- All staff are trained to recognise and respond to choking and allergic reactions

### **4. Safe Food Preparation**

To reduce choking risks, we:

- Cut small round foods like grapes and cherry tomatoes lengthways and into quarters
- Soften hard fruits and vegetables and remove skins

- Avoid serving whole nuts, seeds, popcorn, marshmallows, jelly cubes, and hard sweets to children under 5
- Cut cheese and bread into strips, not chunks
- Remove bones from meat and fish
- Only serve sausages if they are cut into thin strips and the skins are removed

## **5. Supervision During Eating**

We make sure that:

- Children are seated safely in age-appropriate chairs
- Children are directly supervised at all times during meals and snacks
- Staff sit facing the children to monitor eating, prevent food sharing, and identify allergic reactions quickly

## **6. Food and Drink Guidelines**

We provide:

- Only plain milk and fresh tap water
- No sugary drinks, flavoured milk, or slushies
- No rice drinks for children under 5 due to arsenic content
- Limited foods high in salt, sugar, and saturated fat
- No raw shellfish, unpasteurised dairy, or high-mercury fish like shark or swordfish

## **7. Infant Feeding and Weaning**

We follow a gradual weaning process based on each child's developmental readiness. We work closely with parents to agree on weaning plans and feeding preferences. We ensure that all bottles, teats, and feeding equipment are washed and sterilised before each use.

## **8. Allergy Management**

We:

- Record all dietary requirements and allergies before a child starts
- Maintain an accessible allergy protocol for all staff
- Ensure allergen information is available for every meal and snack
- Work with food providers and families to offer safe alternatives

## **9. Monitoring and Review**

We log and review all food-related incidents, including choking and allergic reactions. We review this policy annually or whenever there are updates to statutory guidance.