



# **Caterpillars Pre-School**

## **Food Safety & Nutrition Policy**

**July 2024**

**(no content change – only dates updated)**

### **3.0 Food Safety and Nutrition Policy**

Alongside all associated procedures in 3.1-3.6 Food Safety and Nutrition that are relevant to Caterpillars Pre-school, this policy was adopted by Caterpillars Pre-school in October 2024.

#### **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

#### **Objectives**

- 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.
- H& S Procedure 1.3 Kitchen is followed for general hygiene and safety in food preparation areas.
- When provided, we ensure meals are nutritionally sound and snacks promote health and reduce the risk of obesity and heart disease that may begin in childhood. We encourage parents to do the same when lunches or snacks are brought into the setting.
- We follow the main advice on dietary guidelines and the legal requirements for identifying food allergens when planning menus based on the four food groups:
  - meat, fish, and protein alternatives
  - milk and dairy products
  - cereals and grains
  - fresh fruit and vegetables.
- Following dietary guidelines to promote health also means taking account of guidelines to reduce risk of disease caused by unhealthy eating.

- Parents 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.
- Foods provided by the setting for children have any allergenic ingredients identified on the menus.
- Care is taken to ensure that children with food allergies do not have contact with food products that they are allergic to.
- Risk assessments are conducted for each individual child who has a food allergy or specific dietary requirement.

### Legal references

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

*Safer Food Better Business* for Caterers (Food Standards Agency)

<https://www.food.gov.uk/business-guidance/safer-food-better-business-for-caterers>

This policy was adopted by	Caterpillars Pre-School Management Committee
In	October 2024
Date to be reviewed	July 2025
Signed on behalf of the provider	
Name of Signatory	Amber Pullen
Role of Signatory (e.g. Chair, Director, Owner)	Chair