

# Food Safety and Nutrition

## Policy

The principles set out in this policy are supported by the associated procedures.

### Aims

St Joseph's Pre-School Unit is a suitable, clean, and safe place for children to be cared for, where they can grow and learn. We aim to meet all statutory requirements for food safety and fulfil the criteria for meeting the relevant Early Years Foundation Stage Safeguarding and Welfare requirements.

### Objectives

- At St Joseph's Pre-School Unit we recognise that we have a responsibility and duty of care for those who work in and receive a service from our Pre-School Unit, however 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.
- Our procedures are followed for general hygiene and safety in food preparation areas.
- Twice a day we provide nutritional snacks which promote health and reduce the risk of obesity and heart disease that may begin in childhood.
- Each day we offer parents the opportunity to purchase a cooked lunch for their child from the school, these are cooked on the school premises and booked through the school, alternatively children can bring in a packed lunch from home.
- We follow the latest advice on dietary guidelines and the legal requirements for identifying food allergens when planning our snack menus, and our daily snacks are based on these food groups:
  - Carbohydrates
  - Milk and dairy products
  - Fresh fruit and vegetables.
- We promote healthy eating, taking account of guidelines to reduce risk of disease caused by unhealthy eating.
- Parents share information about their children's particular dietary needs when they register their child and on an on-going basis as needed. This information is shared with all staff who are involved in the care of the child.
- Foods provided by the Pre-School Unit for children have any allergenic ingredients identified.

- We take care to ensure that any child with a food allergy does 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.
- Allergies and special dietary requirements are clearly displayed in the food preparation area.

### **Legal references**

Regulation (EC) 853/2004 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)