CHURCH GRESLEY INFANT & NURSERY SCHOOL

School Food Preparation and Handling Guidance in the Early Years

At Church Gresley Infants, we are committed to promoting children's health, safety and wellbeing through the safe preparation, handling and consumption of food. We recognise that food-related activities provide valuable learning opportunities within the Early Years Foundation Stage (EYFS) and ensure that all food is prepared and handled hygienically and safely in accordance with EYFS statutory requirements.

Aims

This guidance aims to:

- Ensure food provided or prepared within the setting is safe for children to eat.
- Minimise the risk of food poisoning, allergic reactions and choking.
- Promote good hygiene practices amongst staff and children.
- Ensure all staff are aware of their responsibilities regarding food safety.
- Support children's understanding of healthy eating and food hygiene.

Roles and Responsibilities

Headteacher and EYFS Leader

- Ensure this policy is implemented and reviewed regularly.
- Ensure staff receive appropriate training and guidance.
- Maintain allergy and dietary information for all children.

Staff

- Follow food hygiene procedures at all times.
- Supervise children during food preparation and eating activities.
- Be familiar with children's allergies, intolerances and dietary requirements.
- Report any food safety concerns immediately.

Food Hygiene Procedures

Handwashing

Staff and children must wash their hands:

- Before preparing or handling food.
- Before eating.
- After using the toilet.
- After outdoor play.
- After touching animals or messy play materials.

Hands should be washed using warm water and soap and dried thoroughly.

Cleaning

- Food preparation surfaces must be cleaned and sanitised before and after use.
- Equipment and utensils must be thoroughly cleaned after use.
- Separate cleaning cloths should be used for food preparation areas where possible.

Food Storage

- Food must be stored according to manufacturer instructions.
- Perishable foods must be refrigerated promptly.
- Expiry and use-by dates must be checked regularly.
- Opened food should be labelled where appropriate.

Food Preparation Activities with Children

Food preparation activities are carefully planned and supervised to support learning while maintaining safety.

During activities:

- Children will wash their hands before beginning.
- Adults will provide close supervision at all times.
- Child-safe utensils and equipment will be used.
- Surfaces and equipment will be cleaned before use.
- Any ingredients containing allergens will be carefully managed.

Allergies and Dietary Requirements

The setting will:

- Maintain an up-to-date allergy register.
- Obtain allergy and dietary information from parents.
- Share allergy information with relevant staff.
- Check ingredient labels before every activity.
- Ensure children with allergies are protected from cross-contamination.
- Follow individual healthcare plans where applicable.

In the event of an allergic reaction, staff will follow the child's healthcare plan and emergency procedures.

Choking Prevention

Staff will ensure food is prepared appropriately for children's age and stage of development.

The following precautions will be taken:

- Grapes, cherry tomatoes and similar foods will be cut lengthways into quarters.
- Hard fruits and vegetables, such as apples and carrots, will be sliced appropriately.
- Stones, pips and bones will be removed before serving.
- Whole nuts, popcorn, hard sweets and marshmallows will not be provided.
- Children will remain seated whilst eating.

- Children will be supervised at all times during snack and mealtimes and a paediatric first aider will always be present when children are eating.

Special Events and Food Brought from Home

- Parents must inform the school of ingredients in food provided for special events.
- Homemade foods may only be accepted where it is safe to do so and allergy risks can be managed.
- Staff will assess food items before serving to children.

Staff Training

All staff involved in food preparation and supervision will:

- Receive guidance on food hygiene and safer eating practices.
- Be aware of allergy management procedures.
- Understand choking prevention guidance.
- Know how to respond in an emergency.

Monitoring and Review

This guidance will be monitored by the EYFS Leader and reviewed annually or sooner if legislation or guidance changes.

T Woods

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