CHURCH GRESLEY INFANT & NURSERY SCHOOL

Food Safety and Nutrition Guidance in the Early Years

Food Safety in the Early Years

- Food safety in the Early Years is our highest priority and at Church Gresley Infant and Nursery School we take all the necessary steps to ensure all our children are kept safe and well during their time here.
- All the practitioners involved in handling food in the Early Years have at least a level 1 certificate in 'Food and Hygiene'. This involves staff being trained on the importance of good handwashing practice, food preparation, storing and handling of food.
- Our setting has a designated area for food storage and preparation.
- All the equipment and surfaces are cleaned and sanitised ready for food preparation.

Allergies

- All staff have had 'Managing Allergy and Anaphylaxis in School' training.
- Staff are aware children can develop allergies at any time and take all allergies seriously.
- We prioritise safety and inclusion.
- All staff who are responsible for handling food are made aware of children with allergies.
- All children with allergies will have an Individual Health Care Plan and Allergy Action Plan.
- Safe alternatives will be provided for children with known allergies.

How we Reduce the Risk of Choking in the Early Years

To help reduce the risk of choking staff in the Early Years consider the following:

- Remove any hard pips or stones from fruit before serving.
- Cut small fruits like grapes, cherries, berries, strawberries and cherry tomatoes into small pieces, lengthways and into quarters.
- Cut large fruits like melon and firm fruits or vegetables like raw apples, carrots, celery into slices rather than small chunks.
- Sausages will be cut as thinly as possible.
- No treats such as popcorn, marshmallows or sweets will be shared with the children – these foods all run the high risk of choking in children under the age of 5.

- PLEASE NOTE – While we are **not a nut-free school**, we have children with nut allergies and take their safety very seriously. We therefore ask parents and carers to avoid sending foods containing nuts into school whenever possible. As we cannot guarantee that all food brought onto the premises is nut-free, parents should be aware that traces of nuts may be present. We appreciate your support in helping us provide a safe environment for all children

Supervision whilst eating in the Early Years

- Staffing ratios are high to ensure that all early year's children are adequately supervised while they are eating.
- Children will always be placed in a position, so adults can see children's faces; choking is silent so seeing the back of a child is not a good view while eating.
- There will always be a member of staff present who is paediatric first aid trained when children are eating.
- When a child has experienced a choking incident which required intervention, we will record details of the incident (where and how) and ensure parents/carers are informed. These records will be reviewed periodically to see if there are any trends or common features relating to the choking incidents. Staff will then look at ways of reducing the risk of more choking incidents happening.

Nutrition Guidance in the Early Years

- All staff at Church Gresley Infant and Nursery School understand the importance of children having a balanced diet containing a wide variety of food.
- Mellors are our school meal provider and follow the DfE guidance for school-based providers to ensure their meals allow for a balanced diet. Please see our website for up-to-date weekly menus.
- Mellors work closely with families of children who have special dietary requirements.
- When providing snacks in Nursery we ensure that the food is low in sugar, salt and saturated fats. For example, we provide snacks such as plain savoury crackers or unsweetened yoghurts. We follow the traffic lights symbol on food and provide children with snacks that have mostly green ratings on the labels as these represent a healthier choice.
- In Nursery, we avoid foods that are high in saturated fat, salt and/or sugars like cakes, savoury pastries, biscuits and crisps. We also avoid food containing artificial sweeteners, as they may encourage children to prefer very sweet foods.

- Please see our Nursery weekly snacks menu on our school website.
- In the Early Years we also provide free fruit which helps to support children with a healthy diet.
- Reception parents can provide children with their own fruit or vegetables for an extra snack during the school day.
- Milk and water are the only drinks we offer.

Packed Lunches

- We encourage families providing their nursery child with a packed lunch to follow our nutritional guidance to ensure all our children have a balanced and nutritious lunch. Please see our school website for the 'Eatwell Guide'.
- Parents/carers will ensure the food they provide is suitable for their child's individual developmental needs.
- Food will be prepared in a way to prevent choking.
- For perishable items that are to be kept cool, pack food in insulated sealed bags. Please be aware a 4-hour rule applies. This means that food can be stored outside of chilled conditions for up to 4 hours, this should only be done once.
- Parents/carers will clearly label their child's lunch box/bag.
- PLEASE NOTE – unfortunately we are unable to allow parents/carers to bring in cakes/sweets for your child to share on their special occasions, birthdays etc.

Tracey Woods

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