



## **10. Food and Drink**

St Peter's Pre-School will observe current legislation regarding food hygiene, registration and training. In particular, each adult will:

- Always wash hands under running water before handling food and after using the toilet
- Not be involved with the preparation of food if suffering from any infectious/contagious illness or skin trouble.
- Never smoke at the pre-school.
- Never cough or sneeze over food.
- Use different cleaning cloths for kitchen and toilet areas.
- Wash fresh fruit and vegetables thoroughly before use.
- Keep food covered and either refrigerated or piping hot.
- When cooking with children as an activity, the adults will provide healthy, wholesome food, promoting and extending the children's understanding of a healthy diet.

### ***Snack time:***

The sharing of refreshments can play an important part in the social life of the pre-school, as well as reinforcing children's understanding of the importance of healthy eating. The pre-school will ensure that it fulfils all the requirements of the registering authority and that:

- All snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings.
- Before a child starts to attend the group, staff will discuss with parents the child's dietary needs, including any allergies, and make appropriate arrangements to meet them. This must be noted on the registration form.
- A diet encompassing food from a range of cultures ensures that children from all backgrounds encounter familiar tastes, and that all children have the opportunity also to try unfamiliar foods.
- The dietary rules of religious groups (and also of vegetarians/vegans) are known and met in appropriate ways.
- Water is constantly available.
- Milk provided for children will be either whole or semi-skimmed and pasteurised.



St Peters Pre-School Policies and Procedures  
2014

**Food Allergies:**

- Parents of children affected by food allergies must inform the supervisor prior to commencing pre-school that their child has an allergy so that the correct care and attention may be delivered throughout pre-school .
- Any child on medication to treat an allergic reaction should ensure that pre-school has the medication in every session, this should be clearly labelled with the child's full name and address, dosage and expiry date. In addition the parents must complete a medication consent form. In cases of severe allergic reactions, e.g. nut allergy, parents are requested to obtain a letter from their GP giving details of their condition and appropriate treatment, which is then copied and sent to our insurers.
- Pre-school takes special care when buying biscuits or other snacks but as an extra precaution those children with nut allergies are asked to have their own biscuits supplied by their parents. These biscuits will be kept in their own named box.
- All cookery ingredients will be checked by the supervisor or in her absence a senior member of staff to avoid any foods which may contain nuts or nut derivatives. As an extra precaution all cookery made will be sent home and not consumed on the premises.
- Children allergic to milk will be offered water to drink.
- Party food/birthday cakes: parents are asked when donating party food, or bringing in birthday cakes to ensure that there are no nuts or nut traces in the ingredients. We also request that at parties, parents of children with allergies check the food available so that they can decide if they would prefer some items to be withheld.

**All staff involved in preparing and handling food must receive training in food hygiene.**

This policy was adopted at a meeting of the Pre-school held on ..... (Date)

Signed on behalf of the Pre-school: ..... (Chairperson)