# Safer Eating & Nutrition Policy

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| Policy created | 01.09.2008 | Version number | 9.2 |
| Last reviewed | 15.10.2026 | Next review date | 01.10.2027 |

**Policy Statement**

This policy is renamed Safer Eating & Nutrition Policy in line with the EYFS Statutory Framework Sept. 2026 (formerly Food & Drink Policy)

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.

This policy applies to all staff, volunteers, students, and children at Plymtree Pre-school. It is designed to fully meet the statutory food safety, allergy management, and choking prevention requirements outlined in the latest Early Years Foundation Stage (EYFS) framework.

**The Pre-school will ensure that:**

- Children are always within sight and hearing of staff when they are eating and drinking, with staff positioned facing children to ensure they can spot signs of choking, maintaining active supervision at all times.
- Food is eaten within low-distraction environment at appropriately sized tables and seats where children can eat safely, under expert supervision, minimizing all risks of choking and allergic reactions.
- Children's medical and personal dietary requirements are made know to all staff and respected.
- The dietary needs of religious groups and also of vegetarians/vegans are known and met in appropriate ways
- Dietary needs will be discussed with parents/carers before a child starts at Pre-school, allowing appropriate actions to be taken, including the recording of those dietary needs.
- Staff will be mindful of the possibility that children may suffer from food allergies, in particular to nuts. NO FOOD CONTAINING NUTS WILL BE ALLOWED INTO THE PRE-SCHOOL.
- All food supplied by the Pre-school will be checked at the time of use to ensure that it is not past its use by or best before date.
- Only staff will hand out food to the children.
- Water is freely available throughout the sessions.
- Milk provided for children is semi skimmed and pasteurized.

- Snacks provided will vary but aim to promote healthy eating. Parent/carers are advised to inform staff of any food items that they would prefer their child not to be given.
- If grapes, cherry tomatoes, large blueberries and similar fruits are provided for snacks, staff will ensure they are cut long-ways to minimise the risk of choking.
- Children will wash their hands before snacks and will be encouraged to develop independent drinking and feeding, good eating skills and table manners.
- 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. This may be achieved during cooking sessions.
- When providing packed lunches, parents are encouraged to consider what can be stored safely. We provide parents with advice on this.
- Ofsted will be informed about any food poisoning affecting two or more children looked after on the premises.

**Nut- free policy**

We aim to be a Nut-Free pre-school. This policy serves to set out all measures to reduce the risk of anaphylactic reaction to children and adults who may be sensitive to nuts on exposure.

Our 'Nut- Free Policy' means the following items should not be sent in to preschool.

- **Packs of nuts**
- **Peanut butter sandwiches**
- **Fruit and cereal bars that contain nuts**
- **Cakes made with nuts**
- **Nutella**

**Parents' Responsibilities**

- Parents are asked to advise if their child/ren have an allergy or intolerance upon their child's commencement at the setting.
- Parents are requested to inform the Pre-school in the case that their child/ren's requirements change i.e. an allergy develops/worsens.
- Parents of child/ren with allergies are asked to provide any medication required and complete the Long Term Medication form. An individual care plan may be implemented depending on the allergy/intolerance and severity of reaction.
- Parents are asked to respect and adhere to the Pre-School policy against providing nuts or nut products.
- Parents are asked to follow the pre-school policy on what to include and not to include in their child's lunchbox, in accordance to DfE Nutritional guidance.

**Packed Lunches & Food From Home**

- **Nutritional Alignment:** Packed lunches supplied by parents must adhere to the setting's healthy eating standards. Confectionery, fizzy drinks, and fast-food items are discouraged.
- **Nut-Free Environment:** Due to the risk of severe anaphylaxis, **Plymtree Pre-school** is a strict **nut-free zone**. No items containing nuts or peanut butter may be brought from home.
- **Inspection Protocol:** Staff will discreetly inspect packed lunches before serving to ensure foods are cut safely according to the choking prevention guidelines outlined in Section 3. Staff will modify unsafe items (e.g., slicing whole grapes) if necessary before giving them to the child.

**Document History**

| Date | Change details | Name |
|---|---|---|
| 21/01/2010 | Packed lunches<br>Informing Ofsted re food poisoning | Shelley Robinson |
| 09/02/2011 | Altering details on information and storage of packed lunches | Jackie Crowe |
| 30/03/2012 | Altering allowing no nuts into setting if there is a nut allergy | Jackie Crowe |
| 06/03/2013 | Reviewed | Rowan Pettitt |
| 21/04/2013 | Changed 'Playgroup' to 'Pre-school' | Rowan Pettitt |
| 18/09/2013 | Updated logo | Julie Pearce |
| 01/04/2014 | Changed nut information and milk we use from whole milk to semi skimmed milk | Julie Pearce |
| 03/02/2015 | Clarification added regarding the recording of allergies, the checking of use by dates and encouragement of independent feeding and drinking. | Ellie Hibberd |
| 03/12/2015 | Policy reviewed – parents responsibilities added | Rowan Pettitt |
| 03/08/16 | Added:<br>Parent responsibilities: Due to recent coverage in the media, parents are asked to cut grapes in half long-ways if they put them in children's lunchboxes.<br>Pre-school responsibilities: If grapes are provided for snacks, staff will ensure they are cut long-ways to minimise the risk of choking. | Rowan Pettitt |
| 01/01/18 | Policy reviewed – no changes | Rowan Pettitt |
| 02/10/18 | Policy reviewed – no updates | Donna Manser |
| 01/10/2019 | Policy reviewed – no updates | Donna Manser |
| 23/10/2020 | Policy reviewed – no updates | Anna Shelbourne |

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| 12/01/2021 | Policy to nuts reviewed and changed to 'NO NUT POLICY'. | Anna Shelbourne |
| 22/09/2021 | Policy reviewed – no changes | Anna Shelbourne |
| 29/09/2022 | Policy reviewed – no update | Anna Shelbourne |
| 01/09/23 | Policy reviewed – no update | Charlotte Gibbins |
| 01/09/24 | Policy reviewed – no update | Charlotte Gibbins |
| 01/10/25 | Policy reviewed<br>Added "cherry tomatoes, large blueberries and similar fruits".<br>Amended name of form to "Long Term Medication Form"<br>Added "Children are always within sight and hearing of at least 1 member of staff at all times when they are eating and drinking"<br>Added ref to EYFS Statutory Framework (Sept 25) and DfE Safer Eating guidance. | Clare Livingstone |
| 15/10/26 | Policy reviewed; renamed and updated in line with DfE's EYFS safer eating and nutritional statutory guidance.<br>Added packed lunch parent advice sheet. | Clare Livingstone |