



Fairfield Nursery School:

Food, Drink and Food Safety Policy

Written: September 2026

Review date: July 2027 for use in September 2027.

Policy Statement:

Fairfield Nursery School is committed to ensuring that safe and healthy practices around the storage, preparation and service of food are maintained throughout the setting. The nursery ensures that the kitchen and food preparation facilities are safe and hygienic in compliance with The Food Safety Act 1990.

At Fairfield Nursery School, we regard snack and lunch times as an important part of the children's day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

To help us comply with government initiatives and for the general well-being of the children, we adhere to the following guidelines:

- At snack time, we aim to provide healthy and nutritious foods which meet the children's individual dietary needs.
- For those children staying for lunch it is expected that they bring a balanced packed lunch with them.

Procedures

Before a child starts Fairfield Nursery School, we find out from parents their children's dietary needs and preferences, including any allergies. This is documented at the home visit and on the Pen Portrait. This information is also requested and recorded on the application form.

If there are any dietary needs or allergies these are uploaded to Medical Tracker and all staff are made aware. The key worker checks with parents to ensure any changes to dietary requirements or allergies are up to date. Parents are responsible for informing the school of any changes. We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.

We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.

We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings. We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new foods.

We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts. A register of children with food allergies will be maintained and reviewed regularly. All staff will be aware of children at risk of anaphylaxis and the procedures to follow in an emergency. Through discussion with parents and research by staff, we obtain information about dietary rules, religious requirements, vegetarian and vegan diets and food allergies. Staff do not use a child's diet or allergy as a label and ensure children do not feel singled out.

We organise snack and lunch times so they are special occasions in which children and staff participate. We use snack times to help children develop independence through making choices, serving food and drink and feeding themselves.

Milk and water are provided within the classroom throughout the nursery session. Children are encouraged to try new snacks and talk about what they like. Snacks comprise foods such as bananas, apples, grapes, carrots and peppers. All snacks are vegetarian. We do not allow snacks to be brought from home.

Children are encouraged and supported to wash their hands before having their snack and practitioners explain the importance of hygiene. In order to protect children with food allergies, we discourage children from sharing and swapping food.

Lunchtime and safe storage of packed lunches:

We ask parents to provide a healthy balanced lunch for their children. A letter is sent home to all parents explaining food preparation requirements and foods that are not permitted in school. If we have a child with a severe allergy, food items may be restricted.

Packed lunches will be checked visually by staff before consumption to identify any foods that may present an allergy risk, choking hazard or conflict with nursery restrictions.

Packed lunches will be clearly labelled with the child's name and stored in a

designated area away from food prepared by the nursery to reduce the risk of cross-contamination.

Packed lunches will be stored in a cool place out of direct sunlight, they will not be stored in a fridge, parents are asked to provide packed lunches in an insulated lunch bag with a suitable ice pack to keep perishable foods cool until lunchtime.

Food Allergies/Anaphylaxis

In the event of a child having an allergic reaction, parents will be contacted immediately and, where appropriate, an ambulance will be called. All practitioners hold Paediatric First Aid certification and undertake refresher training every three years.

Parents must provide any prescribed medication and complete the relevant medication forms and healthcare plans. In line with current legislation and guidance relating to emergency adrenaline auto-injectors in schools, the school maintains emergency adrenaline auto-injectors on site. Staff receive annual training – this is supplied by KITT medical.

Safe Preparation of Food in school:

When using the food preparation area, staff will use the correct equipment, including colour-coded chopping boards where appropriate.

The fridge temperature must be recorded daily.

Equipment should be well maintained and cleaned after use.

All staff must follow the same basic food safety procedures when preparing food.

Staff Training

Any staff handling food within the setting will receive appropriate food hygiene training commensurate with their role and responsibilities.

Staff supervising children at lunchtime hold Paediatric First Aid certification.

Personal Hygiene

Hands will be washed thoroughly before food preparation, before handling food, after using the toilet, after handling raw food and waste, after cleaning and after

blowing their nose.

Hair will be tied back. Food handlers will not cough, sneeze or spit over food. Cuts and sores will be covered with a waterproof dressing. Jewellery will be kept to a minimum when preparing and handling food.

Staff Areas

Staff facilities must be maintained to an appropriate hygienic standard.

Cooking appliances, refrigerators, drinking vessels, cutlery and crockery will be clean and well maintained.

Handwashing facilities, washing-up facilities and cleaning arrangements will be available and maintained.

Reporting Illness or Exclusion

Staff, students (on placement) and volunteers must report illnesses which may present a food safety risk.

Staff with diarrhoea or vomiting must not return to work until they have been symptom-free for 48 hours.

If food poisoning is suspected to be linked to the setting, the Head Teacher will contact the appropriate authorities and cooperate fully with any investigation.

Written by:



Heather Fleming

Headteacher

