

Managing Food

Policy Statement

The Square Nursery School regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults, and helps children to learn about healthy eating. At mealtimes, we aim to provide nutritious food, which meets the children's individual dietary needs.

At The Square School we provide and/or serve food for children on the following basis:

- Snacks
- Lunch

Our lunch is prepared and delivered to us by:

The Yum Yum Food Company London Ltd

14 Carlisle Road

London

NW9 0HL

www.yummyumfoodcompany.co.uk

Parents provide

- Packed lunches should they wish to opt out of eating nursery lunches

We maintain the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food.

We are registered as a food provider with the local authority Environmental Health Department.

Procedures

- Staff maintain cleanliness in the kitchen area at all times.
- At least one person has an in-date Food Hygiene Certificate.
- The person responsible for food preparation and serving carries out daily opening and closing checks on the kitchen to ensure standards are met consistently.

- The person responsible for food preparation and serving carries out daily fridge & freezer temperature checks checking that fridge temperatures are 5C or below and Freezer temperatures are below 18C.
- The person responsible for food preparation and serving records food temperatures when reheating food to serve to children ensuring food is reheated to 82C or above.
- Frozen food should be stored in the freezer and thawed properly, unless it can be cooked directly from frozen
- We use reliable suppliers for the food we purchase.
- Food is stored at correct temperatures and is checked to ensure it is in-date and not subject to contamination by pests, rodents or mould.
- Packed lunches are stored in a cool place, refrigerated when necessary and served to children within 4 hours of arriving at nursery.
- Food preparation areas are cleaned before use as well as after use.
- There are separate facilities for hand-washing and for washing up.
- All surfaces are clean and non-porous.
- All utensils, crockery etc are clean and stored appropriately.
- Waste food is disposed of daily.
- Cleaning materials and other dangerous materials are stored out of children's reach.
- When children take part in cooking activities, they:
 - are supervised
 - understand the importance of hand washing and simple hygiene rules
 - are kept away from hot surfaces and hot water; and
 - do not have unsupervised access to electrical equipment such as blenders etc.

Reporting of Food Poisoning

- Food poisoning can occur for a number of reasons; not all cases of sickness or diarrhoea are as a result of food poisoning and not all cases of sickness or diarrhoea are reportable.
- Where children and/or adults have been diagnosed by a GP or hospital doctor to be suffering from food poisoning and where 2 or more children have been affected within the setting, the manager will contact the Environmental Health Department and the Health Protection Agency, to report the outbreak and will comply with any investigation.

- If the food poisoning is identified as a notifiable disease under the Public Health (Infectious Diseases) Regulations 1988. The setting will report the matter to Ofsted.

We follow these procedures to promote healthy eating in The Square Nursery School.

- Before a child starts to attend The Square Nursery School, we find out from parents their children's dietary needs and preferences, including any allergies.
- We provide parents with information, including menus from 'The Yum Yum Food Company Ltd', when they start with us and offer access to menus via a link on our website.
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. Parents sign the up-dated record to signify that it is correct.
- 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 and meals, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of snacks from 2 of the 4 main food groups:
 - dairy foods;
 - fruit and vegetables.
- 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.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.

- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

Packed Lunches

Children have the option to bring packed lunches:

- Store foods in the fridge, and the temperature is kept below 5c
- Inform parents of our policy on healthy eating;
- Inform parents of whether we have facilities to microwave cooked food brought from home;
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraîche where we can only provide cold food from home. We discourage sweet drinks and can provide children with water or diluted fresh fruit juice;
- We do not accept packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent;
- Provide children, bringing packed lunches, with plates, cups and cutlery; and
- Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.
 - Children must be within sight and hearing at all times while eating.

This policy was adopted on	Signed on behalf of the nursery	Date for review
13 th September 2025	<i>Z.Gordon</i>	<i>September 2026</i>

This policy has been read and understood by the following staff members:
