



Food safety and nutrition procedures

Menu planning and nutrition

Food provides a healthy, balanced diet for growth and development. Foods containing any of 14 allergens identified by the FSA are identified on menus provided by Fresh Start Catering to parents online. Dietary guidance to promote health and reduce risk of disease is followed. Parents who provide packed lunches are given advice on what they should contain to make them healthy. Parents are given information on nutrition and a healthy plate in our newsletters. Allergies of children who attend pre-school is clearly displayed in the kitchen. When planning snack menus, the setting manager and staff ensure that:

- All staff can contribute ideas for snack weekly menus which are displayed for all parents to see daily.
- The traffic light system on food is closely looked at and only items with a green or amber traffic light are purchased.
- Unsweetened and lower fat dairy products are purchased.
- Lots of foods we serve will contain additives and preservatives.
- Parents/carers must share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis with their key person.
- Alternatives are provided to those children who have an allergy or dietary need.
- All snacks are free from nuts.
- Key persons/ the person doing gate duty regularly shares information about the children's levels of appetite and enjoyment of food with parents/carers. This includes snacks and meals provided by Fresh Start Catering.
- Staff refer to [Help for early years providers : Food safety](#) which includes:
- <https://www.gov.uk/government/publications/early-years-foundation-stage-nutrition>
- Eat Better, Start Better - Foundation Years.
- <https://www.nhs.uk/start-for-life/baby/recipes-and-meal-ideas/cheesy-english-muffins-and-cucumber-sticks/>

Snack provided by Padbury pre-school:

A snack is provided twice a day Monday to Friday. 1 snack time occurs in the morning and another in the afternoon where a range of healthy nutritious foods are provided along with a drink.

The exception to this is when a child with SEND requires an additional snack.

We refer to the different food groups when planning the weekly snack menu at Padbury Pre-school.

Fruit and vegetables (fresh, frozen, tinned, dried fruit and vegetables)

- 1 portion of vegetables and/or fruit is served as part of some snacks.
- A variety of fruit and vegetables is served every day of the week.
- Tinned fruit is only served if it is in juice.
- Dried fruit is not served as a snack.

Starchy Carbohydrates (bread, pasta, noodles, breakfast cereals, rice)

- Plain savoury crackers are served as a snack.
- Unsalted, unsweetened rice or corn cakes can be served as a snack.
- Breakfast cereals with the lowest sugar/salt content which are labelled as low (green) and some medium (amber) are served. We do not serve any medium (amber) cereals which contain any chocolate or added sugar e.g.: Frosties.
- At least 3 different types of starchy food and a variety of wholegrain and white starchy foods will be served as snacks across the week.
- The amount of salt in bread will be limited to that of an amber (medium) or green (low) traffic light.

Dairy and plain, fortified plant-based alternatives (milk, cheese, yoghurt, fromage frais)

- 1 portion of milk or unsweetened dairy free alternative is given as an option each day.
- We provide cheese both hard and spreadable which is lower in fat as part of an afternoon snack.
- We provide non-dairy alternatives such as oat milk or soya milk.
- Unsweetened lower fat yoghurt and fromage frais is provided as a morning or afternoon snack across the week.
- We provide a lower fat / sugar free plain dairy free alternative for those who need it.

Protein (eggs, beans, pulses, nuts, poultry, meat, meat alternatives, fish and shellfish)

- Padbury Pre-school is a NUT-FREE ZONE so nuts aren't served as part of our snacks.
- Boiled eggs are added to our snack menus.
- If oily fish (salmon, sardines, mackerel) is not provided by Fresh Start Catering for lunch, it can be provided as a snack at a maximum of twice a week.

For all foods

- Foods high in saturated fat, salt and/or sugars like cakes, sweets, savoury pastries, biscuits, crisps, chocolate or any other confectionery will not be served at pre-school as part of a snack.

- The only exception to the above is when we are celebrating a child's birthday and a shop bought or homemade cake with allergen information is provided by a parent. Or when we are exploring different religious festivals and food is provided. The exceptions will be served in small quantities (1 small piece of cake) alongside some of the above food groups.

Drinks

- Children bring a water bottle to pre-school which is stored on the shelves by the door in the main room and is refilled as needed with fresh tap water.
- If a parent forgets to bring a water bottle for their child, at Padbury Pre-school we will provide cups of water.
- 1 portion of semi-skimmed milk is provided each day.
- Fruit juice, squash, smoothies are not served as part of snack.
- Due to health needs, there may be some children who have a different drink to that above.
- Due to the developmental stage and those with SEND some children have more than 1 portion of milk a day, this helps regulate their emotions.

Different snacks will be served everyday with each week's menu changing so the same food is not served on each day every week so those children only attending a few sessions get a variety of snack items.

Hot Meals provided by Fresh Start Catering:

- Menus reflect cultural backgrounds, religious restrictions and food preferences of some ethnic groups.
- Menus are colour coded so they are easily identifiable by staff when serving.
- Menus are clearly displayed online so that parents know what each meal contains with allergens displayed in bold.
- There is a choice of meals available so all dietary requirements can be met.
- staff know what is being provided each day and follow the colour coding provided by Fresh Start Catering.
- Foods that contain any of the 14 major allergens are identified on the menu that is shown online for parents/carers.
- Parents/carers must share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis with their key person.
- Parents/carers can contact Fresh Start Catering who will do all they can to provide food for a child who has many dietary needs and allergies.
- Food for lunch comes onto site hot in covered metal pots which are in an insulated bag or box to keep it hot ready for serving.

- Food arrives at Padbury Pre-school just before lunchtime and is stored into the insulated bag & containers until it is served.
- Children who have meals provided by Fresh Start Catering are the first to sit down for lunch.
- Hot food is checked for temperature before it is served to children.
- Any leftovers are got rid of in the food waste bin and are not kept for the next day.
- The guidance in Safer Food Better Business (Food Standards Agency 2020) is always followed.
- Parents who buy into the food from Fresh Start, are aware of the menu and dessert choices offered. We will limit the portion size and always offer a healthy alternative; staff will be mindful of this.

Packed lunches

- Where children have packed lunches, staff promote healthy eating.
- Parents/carers are given advice and information about what is appropriate content for a child's lunch box.
- Parents/carers are also advised to take measures to ensure children's lunch box contents remain cool i.e. ice packs, as the setting do not have facilities for refrigerated storage. Lunchboxes are stored on the shelves in the main room near to the water bottles.
- Parents who provide a packed lunch will be approached by a member of the management team if there are unhealthy items in their child's packed lunch.
- We will inform parents of some good choices for lunchboxes but **will not** remove unhealthy items from a child's lunchbox.

Celebrations and the study of religious festivals

- Birthdays are special events for small children, and they often want to celebrate their birthday with their pre-school friends. Due to the cost involved in having a birthday party many parents don't have a party for their child. At Padbury Pre-school we don't believe a parent's financial circumstances should stop a child celebrating their birthday with their friends.
- If a child would like to celebrate their birthday at pre-school, we will help them to do so by singing Happy Birthday to them.
- We are happy for a parent to provide a shop bought or homemade cake and candle for this to take place. Providing ingredients are listed.
- The cake will then be cut into small pieces and given to the children to eat, this will happen after a snack so that children are not only eating a sugary high in fat food.
- At Padbury Pre-school we explore and take part in many different religious festivals, and this can include some food tasting in very small quantities.
- Also as part of our culture capital, trips we will be going locally to purchase cheese, bread, fruit and vegetables, children will then be sharing these items at snack time.

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| This policy was adopted at a meeting of | Padbury Pre-school | name of setting |
| Held on | 7 th October 2025 | (date) |
| Date to be reviewed | October 2026 | (date) |
| Signed on behalf of the committee | <i>C. A. McHenry</i> | |
| Name of signatory | Claire McHenry | |
| Role of signatory (e.g. chair/owner) | Pre-School Secretary | |