



POLLYANNA PRE-SCHOOL CIO

FOOD AND DRINK HYGIENE POLICY

Statement of Intent

At Pollyanna Pre-School CIO, we recognise that snack and mealtimes are not only essential for children's health and development but also valuable social opportunities. These times are used to promote healthy eating, independence, and respect for individual dietary needs in line with the Statutory Framework for the Early Years Foundation Stage (EYFS) – September 2025, the Department for Education Nutrition Guidance (2025), and current UK food safety regulations.

Food Safety and Hygiene Procedures

- The designated person in charge and any staff preparing food follow **Hazard Analysis and Critical Control Point (HACCP)** principles. This includes risk assessments covering food purchase, storage, preparation, and service to prevent contamination and ensure safety.
- All staff involved in food handling hold a valid **Food Hygiene and Safety Certificate** and comply with current food safety and hygiene legislation.
- We source food from reputable suppliers and store it appropriately, checking dates and inspecting for signs of spoilage or contamination.
- The kitchen is a clean, safe, and hygienic space. Food preparation areas are cleaned before and after each use. All surfaces are non-porous, and all utensils and equipment are thoroughly cleaned and stored hygienically.
- Waste food is disposed of daily in a safe and sanitary manner.
- Handwashing facilities are separate from those used for dishwashing.
- Children are not permitted access to the kitchen.
- **Hot drinks are never carried through play areas or placed within children's reach.**

Supervision and Safety

- A staff member with valid Paediatric First Aid (PFA) training is always present when children are eating or drinking.
- Children must remain within sight and hearing of staff during meals. Staff sit facing the children to actively monitor for choking or allergic reactions.
- Children remain seated while eating or drinking.
- Cooking and food activities are always closely supervised.
- Staff model good hygiene practices and safe eating behaviors.

Allergy and Dietary Needs

- Parents/carers provide full information on children's dietary requirements, including allergies, intolerances, medical, cultural, or religious needs, prior to admission.
- Information is shared with all relevant staff and updated regularly.
- A designated staff member is responsible for checking that food and drink meet each child's requirements.
- For children with allergies, an individual allergy action plan is created and reviewed with parents and, if appropriate, healthcare professionals.
- All staff are trained to recognise and respond to allergic reactions, including anaphylaxis.
- Pollyanna Pre-School CIO is a **nut-free setting**. Any nut products brought in will be returned home.
- **We maintain a strict no food sharing policy.**
- Staff show sensitivity and discretion, never singling out children due to dietary needs.

Healthy Eating and Nutrition

- All snacks and meals follow the DfE Early Years Nutrition Guidance (2025).
- We provide balanced and nutritious food in line with NHS dietary advice for under-5s.
- Snacks include fruit, vegetables, and low-sugar/low-salt options.
- Water is available throughout the day; water or semi-skimmed milk are offered at snack times.
- Occasional treats are offered at celebrations but avoid excessive sugar, salt, or additives.



POLLYANNA PRE-SCHOOL CIO

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- We support parents with guidance on healthy lunchboxes.
- We encourage healthy lunchboxes and offer parents support and ideas via:
 - [NHS Healthier Lunchboxes](#)
 - [The Eatwell Guide](#)

Packed Lunch Guidance

To support our healthy eating approach, parents are asked to:

Please include:

- An ice pack in lunchboxes, as we cannot refrigerate them.
- Balanced meals, including:
 - Wholegrain sandwiches/wraps with nutritious fillings
 - Fresh fruit and/or vegetables
 - Dairy / Alternative desserts (e.g., yoghurt, fromage frais)
 - Water (**required**) or a small juice carton – not including sugary drinks such as fruit shoots (**permitted only at lunch**)

Please avoid:

- Sweets, chocolate, biscuits, or sugary snack bars (these will be returned home)
- Crisps and heavily processed foods
- Nuts or nut-containing products (e.g., cereal bars, hazelnut spreads)

Food Preparation:

- **Cut small round foods** (e.g., grapes, cherry tomatoes, olives, blueberries) in half lengthwise to reduce choking risk
- **Cut sausages / hot dogs** into short strips, cut in half and lengthways or as thinly as possible.

Non-compliant items will be returned home with a reminder, and repeated issues will be discussed with the parent/carers to ensure understanding of the policy.

Celebrations

Many families like to celebrate their child's birthday or other special occasions by bringing in food to share. While we welcome opportunities to celebrate, we are mindful of children's nutritional needs and dietary restrictions.

To support our healthy eating policy:

- We **discourage cakes, sweets, or sugary treats** being brought in for celebrations, as some children may be offered these multiple times a week.
- We **encourage healthy or non-food alternatives** such as:
 - Fruit platters
 - Homemade savoury items (in line with allergy policies)
 - Non-edible items like stickers, books, or bubbles
- Any food brought in must be checked for **allergen content** and agreed upon with staff in advance.
- **Communication with parents/carers is key**, and we will work together to ensure that celebrations remain inclusive, enjoyable, and health-conscious.

Social and Developmental Benefits

Snack and meal times are calm, social events, where staff sit with children to model good manners and encourage conversation.

Children are supported to:

- Make good choices about what they eat
- Pour drinks and serve food where appropriate
- Develop independence in feeding themselves using age-appropriate utensils

Incident Reporting

In accordance with EYFS requirements, we will notify **Ofsted** of any food poisoning incident affecting two or more children within 14 days of the occurrence.

References and Further Guidance

- **EYFS Statutory Framework , Sections 3.63 – 3.73**



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FOOD AND DRINK HYGIENE POLICY

- [Food Standards Agency](#)
- [NHS Healthier Lunchboxes](#)
- [Eatwell Guide](#)

Policy Review & Approval

This policy was reviewed and adopted on: 1st September 2026

Signed by Management Committee: 

Print Name: NIKITTA WEHRLE

Version: 1.0 2026

This policy is reviewed **annually** or sooner in response to changes in legislation, guidance, or setting practices.