FOOD HYGIENE & NUTRITION POLICY

Effective from: 1 September 2026 | Review date: 1 September 2027 | Light snacks only

Introduction

At Impact Wrap Around Care, we are committed to providing safe, hygienic and nutritious snacks for all children attending our provision. This policy sets out the procedures staff follow when storing, preparing and serving food and drinks.

Healthy Snacks

- We provide healthy, light snacks for children.
- The provision is nut-free to reduce risks for children with allergies.
- Snacks will be simple, varied and balanced, for example fruit, vegetables, crackers, breadsticks, cheese and yoghurt.
- No cooking or hot food will be prepared on site. Snacks will be cold and ready to serve.
- Drinking water will be readily available to children at all times.

Food Hygiene and Staff Competence

- **Any member of staff handling or preparing food must either have completed appropriate basic food hygiene / food safety training, or be directly supervised by a member of staff who has completed that training.**
- Food will be stored safely, labelled where appropriate, and checked for freshness and expiry dates before use.
- Staff and children must wash their hands before eating or handling food and after eating.
- Tables, work surfaces and serving areas will be cleaned and sanitised before and after snack times.
- Staff will follow safe food handling practices and avoid cross-contamination.

Allergies, Dietary Needs and Safe Eating

- Parents/carers must provide up-to-date information about allergies, intolerances, medical conditions and dietary requirements.
- Staff will check ingredient labels and ensure children are only given food that is suitable for their recorded needs.
- Food must not be shared or swapped between children.
- Children will be supervised closely while eating to minimise choking risks.
- Children will be seated at tables while eating and will not walk or run around with food.
- Any choking incident, allergic reaction or other food-related concern will be recorded and reported in line with the setting's first aid, safeguarding and incident procedures.

Nutrition and Positive Mealtimes

- Snack choices will reflect current government and EYFS nutrition guidance where applicable.
- Staff will promote a calm, positive and social snack time and encourage healthy choices and good table manners.
- Children will never be forced to eat or finish food.

Contact Information

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