



Food and Hygiene Policy for the Foundation Stage

Person(s) responsible for this policy		Head of EYFS	
Last review by	S Dowler	Review date	September 2023
Date of next review		September 2024	

At Streatham & Clapham Prep School we recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. We also recognise the role we can play, as part of the larger community, to promote a healthy lifestyle.

Food plays an important role in the celebration of personal, cultural, religious and community milestones or festivals. Experience of foods from different cultures is promoted in the Foundation stage.

Early Years- Nursery and Reception

All children in the nursery receive 2 pieces of fruit which is washed and prepared by the catering staff. The children are supervised in washing their hands before eating. The fruit is consumed by everyone sitting together, giving each child time to enjoy a shared eating experience. The nursery children bring in their own water bottle and have access at all times which is sent home for washing every day. Nursery are also given an afternoon snack. Reception bring their own healthy afternoon snack from home. Parents are told by a letter at the beginning of term, a display on the board at the class door and at a welcome evening that we only allow fruit or vegetables for snacks.

Water is available at all times. Everyone has water at lunchtime.

The toilets are regularly cleaned and checked. They are stocked with sufficient sanitary supplies.

The nursery often prepares and cooks food as part of their curriculum activities. All food preparation surfaces, appliances and eating areas are wiped with an antibacterial surface cleaner and a paper towel. Utensils are washed with hot water and antibacterial washing up liquid. The children are supervised in washing their hands before and after the cooking activity. They all wear smocks for the activity.

All staff are aware of good practice with regard to hand washing and food storage.

Reception

The toilets are regularly cleaned and checked. They are stocked with sufficient sanitary supplies.

Reception often prepares and cooks food as part of their curriculum activities. All food preparation surfaces, appliances and eating areas are wiped with an antibacterial surface cleaner and a paper towel. Utensils are washed with hot water and antibacterial washing up liquid. The children are supervised in washing their hands before and after the cooking activity. They all wear smocks for the activity.

All staff are aware of good practice with regard to hand washing and food storage.

Lunchtime

The dining hall is a safe, comfortable and attractive area. The tables and chairs are at the right height for Reception age children. Nursery eat their lunch at allocated tables in the Nursery classroom.

The children all wash hands before lunch and wear smocks.

Staff assist the children at all times. The staff serve the children and ensure they eat and drink.

The school provides meals which conform to nutritional standards and will incorporate special dietary and religious requirements e.g., vegetarian, halal.

There are lists in the dining hall of children with special dietary requirements and food allergies.

Children are given plenty of time to enjoy their food. Good manners are positively encouraged. There is regular communication with parents/carers on individual eating habits which cause concern.