



## Food safety and nutrition procedures

### Menu Planning and Nutrition

Food supplied for children provides a healthy and balanced diet for healthy growth and development. Foods that contain any of 14 allergens identified by the FSA are identified on menus. The setting follows dietary guidance to promote health and reduce risk of disease caused by unhealthy eating. Our lunchtime menu is supplied by Zebedee's but breakfast, tea and snacks are prepared by the setting. When planning menus, the management and cook ensure that:

- Menus reflect children's cultural backgrounds, religious restrictions and the food preferences of some ethnic groups.
- Menus are clearly displayed so that parents and staff know what is being provided.
- Foods that contain any of the 14 major allergens are identified on the menu that is displayed for parents. (Zebedee's menu)
- Parents 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.
- Key persons regularly share information about the children's levels of appetite and enjoyment of food with parents.
- Staff refer to [Help for early years providers: Food safety](#) which includes:  
[Example menus for early years settings in England: Guidance](#) and [Example menus for early years settings in England : Recipes](#)
- Eat Better, Start Better - Foundation Years.
- A record of children's dietary needs are displayed.

## **Pre-prepared cook chilled meals and hot meals from suppliers**

If the setting uses a food supplier to provide either hot meals prepared off site or chilled/frozen meals to be heated on site, the supplier's instructions for safe storage, heating and serving must be followed.

- Ingredients are checked to identify allergens (this will be clearly indicated on packaging).
- A temperature probe is used to check that cook chilled foods are heated correctly.
- Foods delivered hot are checked as above.
- Foods are served within the time stipulated by the supplier.
- Left-overs are not kept and reheated for another day.
- The guidance in Safer Food Better Business (Food Standards Agency 2020) is followed at all times.

## **Packed Lunches**

Where children bring a packed lunch, staff actively promote healthy eating. Parents are provided with guidance and information on appropriate and nutritious lunchbox contents. As the setting may not have refrigerated storage available, parents are advised to include suitable cooling measures, such as ice packs, to ensure food remains at a safe temperature. Please also ensure Packed Lunches are labelled clearly with your child's name.

## **Special Diets and Allergies**

Please also refer to the Allergy Policy. **No food containing nuts or nut products is permitted** in any child's packed lunch.

The Nursery recognises that some children may have verified medical conditions that require special diets and may not always meet these standards exactly. In these cases, parents are asked to take responsibility for ensuring packed lunches are as healthy as possible. If any foods listed under the "Never" section form part of your child's essential daily diet, please inform your child's Key Person.

## **The 'Always, Sometimes, Never' Approach to Packed Lunches**

### **Packed lunches should Always include:**

- At least one portion of fruit and one portion of vegetables every day.  
*Grapes and cherry tomatoes must be cut lengthways for nursery-aged children.*

- **Protein** every day, such as meat, fish, eggs, or non-dairy alternatives (e.g. lentils, kidney beans, chickpeas, humous, falafel).
- **Oily fish** (e.g. salmon or tuna) at least once every three weeks.
- A **starchy food** every day, such as bread (white or wholegrain rolls, pitta, wraps), pasta, rice, couscous, noodles, potatoes, or other cereals.
- A **dairy food** every day, such as milk, proper cheese (not processed cheese products such as Dairy lea Lunchables), yoghurt, fromage frais, or custard.
- Healthy snack options such as:
  - Pretzels, crackers, and cheese
  - Vegetable sticks with dips

### **Packed lunches may Sometimes include:**

- Meat products such as sausage rolls, individual pies, or corned meat.

### **Packed lunches should Never include:**

- Confectionery, including chocolate bars, chocolate-coated biscuits, and sweets.
- Crisps.
- Sugary drinks, including fizzy drinks, even if labelled as “sugar-free”, “no added sugar”, or “reduced sugar”, as these can contribute to tooth decay and offer little nutritional value.
- Any foods containing nuts or nut products.

### **Waste and Disposal**

Where reasonable, uneaten packed lunch items will be sent home. This allows parents to monitor what their child has eaten during the day and discuss any concerns regarding their child's food intake with the nursery.

## Appendix 1: A School Lunchbox Guide

An example of a healthy lunchbox is shown above. Lunchboxes should include foods from all food groups. Please note that **water and milk are provided by the nursery**.



It is our legal responsibility to encourage healthy eating for all children. Therefore, please do not include processed or restricted foods in your child's lunchbox, as we will be unable to serve them. This includes:

- Chocolate, chocolate bars, and chocolate biscuits
- Crisps
- Foods containing nuts
- Sugary or fizzy drinks
- Sweets and cakes
- Takeaway foods