



Food Safety and Nutrition Policy

At Lymestone Preschool, we recognise that healthy eating plays a vital role in children's growth, development, learning, wellbeing and lifelong health. We are committed to providing a positive food environment where children are encouraged to develop healthy eating habits and a positive relationship with food.

Our Aim

- Provide nutritious breakfast and snack options that promote healthy eating and positive attitudes towards food.
- Follow procedures for good hygiene and safety in food preparation areas.
- Ensure that children are always appropriately supervised at mealtimes.
- A minimum of two paediatric first aid trained staff will be present and available at all times, including during food preparation and mealtimes.
- Respect individual dietary, medical, cultural and religious requirements.
- Staff involved in food preparation will hold a level 2 Food Safety and complete food allergy awareness training to ensure that food is prepared, stored and served safely.
- All staff are made aware of children with allergies and dietary requirements, and records are regularly reviewed and updated.

Lymestone Preschool Breakfast and Snack

Breakfast will be provided for children attending breakfast club session. (Last served at 8:30am)

Breakfast options may include:

- Wholegrain cereals with reduced sugar content.
- Porridge.
- Wholemeal or wholegrain toast.
- Fresh fruit.

Children attending Preschool and/or Afterschool Club are provided with a snack to provide nutritional value which may include:

- Fresh fruit.
- Vegetables.
- Plain breadsticks, crackers or rice cakes.
- Toast.
- Dairy products such as cheese or yoghurt where appropriate.

Fresh drinking water is always available and accessible to children. Staff will encourage children to drink water regularly, water bottles will be checked and refilled throughout the day. Milk or a milk alternative may be provided as part of breakfast or snack provision where appropriate.

Packed Lunch Guidance

We do not provide lunch. If your child is attending Preschool during lunchtime (11:45am – 12:30pm) please provide them with a packed lunch in a clearly named lunch box and cutlery if needed.

Content and guidance:

- A balanced lunch containing foods the main food groups.
- Portions should be appropriate for your child's age and appetite.
- Water only in a clean named water bottle.
- Avoid foods that are high in saturated fat, salt and sugar like cakes, puddings, sweet and savoury pastries, biscuits, crisps, chocolate and other confectionery. Please limit to one small, sweet treat.
- Fruit and veg prepared in a way to prevent choking. For example: Grapes, cherry tomatoes, and large blueberries should be cut in half lengthways to reduce any choking risk. If in doubt, ¼ them.
- We are unable to store lunches in our fridge, so to ensure perishable food are kept cool, please pack food in insulated lunchboxes. During warmer months, we recommend using ice packs to maintain a safe temperature.
- If packing food that is to be served warm, please be aware that we do not reheat food at preschool, please pack in an insulated container to maintain food temperature.

Food not permitted:

- Popcorn.
- Nuts or products containing nuts, including Nutella.
- Chocolate bars or sweet packets such as Haribo.
- Marshmallows
- Excessive amounts of crisps or highly processed snack foods.
- Fizzy or high sugar content drinks.

Where concerns arise regarding the nutritional content of packed lunches, staff will work sensitively and respectfully with families.

Food Safety and Hygiene

The preschool follows current food hygiene and food safety legislation.

Staff involved in food preparation and serving will:

- Hold a valid Level 2 Food Safety qualification and have completed Allergy training.
- Follow effective handwashing procedures.
- Store food appropriately, monitor use-by dates and dispose of any food out of date, damaged or no longer fit for consumption.
- Follow infection prevention procedures.
- Ensure food preparation areas are kept clean and hygienic.
- Information relating to children's allergies, intolerances and dietary requirements will be readily accessible to relevant staff whilst maintaining confidentiality.

Safer Eating and Choking Prevention

The preschool recognises its responsibility to minimise choking risks during food provision.

We will:

- Supervise children appropriately whilst eating and drinking.
- Ensure children are seated when eating.
- Encourage children to eat calmly and safely.
- Prepare food in an age-appropriate manner.
- Ensure staff understand safer eating practices and emergency procedures.
- Maintain appropriate paediatric first aid arrangements in accordance with EYFS requirements.

Positive Mealtime Experiences

We aim to make mealtimes enjoyable, social and educational experiences.

Staff will:

- Act as positive role models.
- Encourage children to try a variety of foods without pressure.
- Respect children's appetites and food preferences.
- Support independence appropriate to each child's age and development.
- Promote good manners and conversation during mealtimes.

Children will never be forced to eat.

Working in Partnership with Parents

To ensure that we hold accurate allergy and/or dietary information, please inform us of any new information or changes to existing information so we can update our records.

We believe healthy eating is most effective when settings and families work together. We may share information about healthy eating practices and good oral health information.

We encourage discussion regarding children's dietary needs and can provide support where concerns arise regarding nutrition or eating habits or signpost families to relevant health information where appropriate.

Oral Health

The preschool promotes good oral health by:

- Encouraging water as the main drink throughout the day.
- Limiting foods and drinks high in added sugars.
- Supporting healthy eating messages.
- Sharing oral health information with families where appropriate.

Where possible, a dental hygienist will visit the Preschool on an annual basis to talk with the children about good oral hygiene.

Guidance and more Information

We follow the requirements of the Early Years Foundation Stage (EYFS) Statutory Framework and have regard to the Department for Education's Early Years Foundation Stage Nutrition Guidance. We ensure that any food and drink provided by the preschool is healthy, balanced, nutritious, safe and appropriate for the age and developmental stage of the children attending.

The Department for Education provides guidance on appropriate portions sizes for young children through its Help for Early Years Resources.

Further information can be found on Early Years Foundation Nutritional guidance at: [Early Years Foundation Stage nutrition guidance](#)

This policy was approved by Lympstone Preschool Committee, and will be reviewed annually, or sooner if legislation, guidance or operational requirements change.

Reviewed: 01/06/2026