



Healthy eating and drinking Policy (Updated EYFS September 2025)

****NUT FREE SETTING****

Alice has a bad nut allergy!

Policy Statement

At Little Stars Childminding, we are committed to **providing safe, nutritious, and balanced meals and snacks** that align with the **EYFS 2025 Safer Eating guidelines**. This policy ensures that all food is **prepared, stored, and served** following the **highest safety standards**, protecting the health and well-being of all children in our care. We use an app called Yuka, Which states

Food Handling and Storage

- All staff involved in food preparation will complete **accredited food hygiene training** (Level 2 Food Hygiene for Early Years).
- Food will be **stored correctly**, with clear labelling and regular freshness checks.
- Cross-contamination will be **strictly avoided**, and separate storage will be maintained for allergen-containing foods.

Personal Hygiene

- Staff will **wash hands frequently** before handling food, after handling raw foods, and after any contact with potential contaminants.
- Staff will **not prepare food** if they show signs of illness that could pose a risk to food safety.



Meal Planning and Nutrition

- Meals will be planned according to **EYFS 2025 nutritional guidance**, ensuring meals are **balanced, varied, and inclusive of cultural and dietary needs**.
- **Special dietary needs, allergies, and intolerances** will be accommodated with **careful consultation** with parents.
 - Introduction of **solid foods** for babies will be planned in **consultation with parents**, following a safe and gradual weaning process.

Allergen Management

- Information about **allergies, intolerances, and dietary requirements** will be obtained **before a child starts** and regularly updated.
- Each child with allergies will have a **nominated staff member** responsible for **checking meal safety** before serving.
 - **Allergy action plans** will be developed with parents and healthcare professionals and updated **as necessary**.
 - Place mats for each child will be at the tables for **clear** allergen or dietary requirements.
- Packed lunch & allergen children will be separated from our hot meal and non-allergen children.

Safe Eating Practices

- A **Paediatric First Aid (PFA)** trained staff member will always be present **when children are eating**.
- Food will be **prepared and served in appropriate sizes and textures** to prevent choking.
- Children will be **seated safely** in highchairs or low chairs during meals.



- Children will be **closely supervised while eating**, with staff sitting **facing the children** to monitor for choking or allergic reactions.
- **Food swapping among children** will be discouraged and monitored.
- Any **choking incidents** will be **recorded and reported** to parents. Regular reviews of near-miss incidents will be conducted to improve safety measures.

Safe Food Preparation and Temperature Control

- Food will be **cooked, stored, and served at safe temperatures**, with regular checks using calibrated thermometers.
- **Utensils and preparation areas** will be cleaned and sanitised before and after every use.

Food Service

- Meals and snacks will be **served hygienically**, using appropriate utensils to minimise contamination risks.
 - Staff will ensure **clean and safe serving practices** are consistently followed.
 - Meals from home **will not** be reheated - even if stated by parent to do so, this is to make sure we are not reheating more than once, which can cause food poisoning.
- Packed lunches brought in from home - will **no longer** be put on blossom - we will put what has not been eaten back in the child's lunch box so you can see for yourself what your child **has and has not** eaten.
- Foods brought in from home will be monitored and an app called Yuka will be used to identify if the food is **good**, **poor** or **bad**, if they are **poor** then we will give the child half the item, if the result shows a **bad** result, we will not give this to your child and will explain why we haven't. Food needs to be below **5g** of sugar for us to comply with the health food guidelines.



Oral Health

Promoting oral health in early years is essential to protect young teeth and establish good habits. Oral hygiene is very important in achieving overall good oral health, keeping children free from toothache, tooth decay, infection and swollen gums.

At little stars childminding, we believe it's important to support children's oral health, as their early experiences can have a lasting impact. By educating children at nursery, we can teach them about their oral health, introduce good habits, and help normalise dental visits.

At little stars childminding, we provide children with nutritious healthy snacks. We ensure that children have access to fresh drinking water all day. We encourage the use of open cups or free-flow beakers, as prolonged bottle use can contribute to tooth decay.

Around our setting, you will find oral health activates and information to help promote good oral hygiene habits to both children and their families. Children do have their own water bottles, but these are not used at mealtimes they are used for when needed throughout the day within play time.

After lunchtime the children brush their teeth with their own provided toothbrush and toothpaste, before they do this, we allow them to drink some water and wash their face with their own flannel.

Drinks

At little stars childminding, we support parents' choices regarding infant feeding. The childminder will prepare milk (expressed breast milk or first stage formula milk). We strive to follow each baby's home feeding routine.



All staff are trained in safe formula preparation. Each bottle is made fresh for every feed in a designated area, with staff ensuring hands and surfaces are washed. Our staff follow the NHS guidance on preparing infant formula. We ensure that children have access to fresh drinking water throughout the day within their own water bottles provided to us. We do not offer juice/squash.

(not even sugar free)

Communication with Parents

- Parents will receive **clear communication** about menus, food safety practices, and allergy management.
- Any **food-related incidents** will be **immediately reported** to parents and recorded.

Food Poisoning and Illness Management

- If a child shows **symptoms of food poisoning or food-related illness**, immediate steps will be taken to **identify and isolate the source**.
- **Parents and health authorities** will be notified as required.

Review and Monitoring

- This policy will be **reviewed annually** or as needed to ensure compliance with **EYFS 2025 Safer Eating standards**.
- **Feedback from staff, parents, and external agencies** will be encouraged for **continuous improvement**.

Alignment with EYFS 2025 Changes

This policy has been updated to reflect the new '**Safer Eating**' section in **EYFS 2025**, which strengthens food safety in early years settings. Key changes include:

- **Mandatory presence of at least one Paediatric First Aid (PFA) trained staff member during all mealtimes.**



- **Stricter allergy management protocols, including nominated meal checkers and action plans.**
- **Improved supervision, requiring staff to sit facing children while eating.**
- **More structured meal seating arrangements to prevent food-swapping and ensure safety.**
- **Recording and reviewing of choking incidents to identify patterns and improve safety.**

These changes are designed to **enhance the safety, health, and well-being** of children during meals, ensuring that **food safety is a top priority** in all early year's settings.

Signed: Alice Mcpherson

Date: 3/8/2025